

ECZEMA/DRY SKIN CARE

Bathing

Take short (5 minutes), lukewarm baths daily using gentle soap, such as Cetaphil or Dove (unscented). Apply prescription medication immediately after bathing, and then apply moisturizer to seal it in.

Wet Wraps

Apply prescription steroid cream to the skin, avoiding the face, groin, and underarms. Wet a pair of long-sleeve, long-pant pajamas with warm water and wring out until moist. Put the pajamas on and cover with a blanket, towel, or pair of dry pajamas. Leave the wet pajamas on for 1 hour. After this time has elapsed, remove the wet pajamas and apply moisturizer to the skin. Repeat twice daily as needed.

Soak and Smear

Dampen the skin with warm water and then pat dry. Smear on a thin film of prescription steroid cream, and rub it in completely. If instructed by your doctor, wrap the affected area with saran wrap for 1-2 hours to allow the medication to soak in. After removing the plastic wrap, moisturize with a thick moisturizing cream (see recommendations below).

Bleach Bath

You have been prescribed Atarax / Doxepin / Benadryl, which is an antihistamine that will help prevent itching at night. It may make you sleepy, so do not take it before driving or operating machinery. To decrease bacterial infection and reduce itchiness, add ¼ - ½ cup household bleach to a tub of warm water. Soak the affected area for 10 minutes before bathing, then rinse with regular warm water. Be careful not to get bleach on your face or in your eyes. Do this once a week while the rash is flaring.

Recommended Moisturizers

- Eucerin calming or moisturizing cream
- Cetaphil cream
- Vanicream
- CeraVe moisturizing cream
- Aquaphor ointment
- Vaseline
- Coconut oil
- Crisco