



Sensitive Skin Care

1. Do not bathe excessively, as this can dry out the skin.
2. Bathe in lukewarm or warm water for no longer than 10-20 minutes.
3. Gentle and fragrance free cleansers should be used. *Vanicream, Dove Unscented, Cetaphil or Cerave.*
4. Bathe gently. Aggressive scrubbing aggravates the skin.
5. Pat dry and if instructed, apply a prescription topical while skin is still damp.

Instructions for topical prescription use:

Apply _____ twice daily to affected areas on the **scalp, trunk, extremities**. At least once after bathing/showering. **AVOID** areas of thin skin such as face, underarms, groin, etc.*

Apply _____ twice daily to sensitive areas on **face, underarms, groin, etc.** At least once after bathing/showering.

To minimize the risks of side effects of **topical steroids, apply only as directed. Use a thin layer for no longer than **2 weeks**. Prolonged steroid use can result in lightening and thinning of skin.*

6. Apply a heavy moisturizer or ointment. *Vaseline, Vanicream Cream, Cerave Healing Ointment, Cerave or Cetaphil Moisturizing Creams*

Most conditions have periods of flares that require the above routine. In between flares it is important to have consistent skin care practices with daily moisturizing to maintain clearance.

Other considerations:

- Use fragrance free detergents and avoid using fabric softener and dryer sheets. **ALL or Tide Free and Clear, or Dreft Free laundry detergents.**
- Fragrance free shampoo and conditioner may also be necessary. **Free and Clear Shampoo and Conditioner.**
- If instructed, use vinegar/water baths 2-3 times per week to help decrease flares and bacterial growth on the skin.

VINEGAR/WATER BATH INSTRUCTIONS: Add 1 cup of WHITE VINEGAR to a standard size bathtub of water. Soak the body for 10-15 minutes (do not submerge the head). Follow this with a regular rinse or shower.

To Treat Itching

- Do not use alcohol, peroxide, witch hazel, essential oils or other home remedies.
- Use ointments or creams. The greasier, the better. Vaseline and Vanicream Cream.
- Over the counter SARNA lotion and CeraVe Anti-Itch lotion can be used frequently. Keep in the refrigerator.
- Over the counter antihistamines can help reduce itchiness and help with sleep. We recommend Allegra in the morning and Benadryl at night.
- If instructed, begin wet wraps to help reduce inflammation and irritation.

WET WRAPS INSTRUCTIONS:

- After bathing, apply the prescribed cream or ointment in long sweeps.
- Wrap the skin in warm, damp, cotton pajamas, gauze, ACE wraps, or socks with the feet cut off.
- Cover this with a second, dry layer.
- Leave wet wraps in place for 1-2 hours.