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Gentle Skin Care

- Short (<5-10 min) showers/baths using lukewarm water.
- Mild, unscented soaps like Dove, Cetaphil, CeraVe, Vanicream, Aveeno and Johnson & Johnson baby wash (unscented), La Roche Posay
- Pat dry, avoid rubbing
- Moisturize immediately after bathing while skin is still slightly damp
- Moisturize with creams on the body, and lotions or light creams on the face. Sensitive skin friendly brands: Cetaphil, Eucerin, Aveeno, Aquaphor, Vanicream, CeraVe, La Roche Posay
- Avoid "anti-bacterial" soaps, "bubble baths", and perfumed/scented bath products
- No fragrance or scents in laundry detergent, look for "Free" versions instead
- No liquid fabric softener
- Moisturizers with itch relief: CeraVe (red label), Eucerin Itch Relief, Aveeno Eczema balm, Sarna
- For dry lips: Vaseline Lip Therapy, Aquaphor, CeraVe healing ointment, Vanicream Lip Protectant/Sunscreen
- **Look for products with a bold, blue lowercase "e": this means the product has been approved by the National Eczema foundation**
- Good products for acne-prone skin: Cetaphil DermaControl (purple label), La Roche Posay Toleriane, CeraVe Facial Moisturizing Lotion AM/PM, Neutrogena Hydro Boost Gel Cream (unscented), Vanicream lotion, Elta MD UV Clear sunscreen
- For rosacea: Avène Cicalfate+ Restorative Protective Cream, La Roche Posay Lipikar Balm

Tips for commonly prescribed eczema treatments

- Topical steroids: for use on areas as directed by your dermatologist twice daily for up to 2 weeks, then OK to decrease to 1-2x/week as needed for maintenance
  - Avoid prolonged use to decrease risk of thinning of the skin, discoloration of the skin, and easy bruising
  - Not for use on face, under arm area or genital skin unless otherwise directed

- Non steroid topical medications (protopic/tacrolimus, elidel/pimecrolimus, eucrisa/crisaborole)
  - Safe to use for longer periods of time at a twice daily dosing
  - It is normal for skin to have a burning sensation for the first few days of application, this will improve