

Eczema/Dermatitis is inflammation of the skin usually due to dryness, irritation and possible external allergy.

YES

SOAP:

- Ⓟ Vanicream Cleansing Bar, Free and Clear Liquid Cleanser, Aveeno Dry Skin Soap (bar or liquid), Oilatum Unscented Soap, Neutrogena Original Formula Fragrance-Free (bar or liquid)

Aveeno or Edge unscented shave gel

Over-the-counter **PLAIN MOISTURIZERS** to be used **TWICE** daily.

- Ⓟ Vanicream/Manicream Lite, Aveeno Dry Skin, or DML Unscented or plain Vaseline.
- Do not apply to groin or buttocks
- Use for dry skin on rest of body 2X/day (All are OK for face)

SHAMPOO:

- Ⓟ Free & Clear Shampoo and Conditioner, DHS-Clear or DHS *SaI* Shampoo, DHS Conditioner, Neutrogena T-*SaI* Shampoo (*not T-Gel*)
- Use shampoo as body or liquid hand soap (esp. public bathroom)
- Conditioners can be used as "leave on" hair gel

Ⓟ Robathol Bath Oil

Ⓟ HAIRSPRAY:

Free & Clear Hair Spray or other Fragrance-free (*Unscented NOT OK*)

Unscented laundry detergent (Tide Free, Cheer Free, All Free & Clear, Arm & Hammer Unscented, Wisk Free, or Purex Unscented (*Not Dreft*))

- Wash all new clothes & linens **5** times before using
- Old clothes & fabrics are preferred

Ⓟ White cotton gloves under rubber/vinyl gloves for any activities where hand wetting is expected

Trim nails short (Nails are dangerous to skin, esp. while sleeping)

- Ⓟ Vanicream Sunscreen #15 or Solbar Zinc
- Use every AM and lunchtime, 365 days/yr., rain or shine
- Apply only one direction to avoid white discoloration

White unscented toilet paper (eg. Northern or Charmin unscented toilet tissue)

if more than one cleansing of groin/buttocks per day is needed use white cotton balls soaked in lukewarm water only

-otrimin AF Powder (*not spray*) twice daily to groin and bottom. Apply after a thin film of your prescription cream to decrease friction

NO

NO hot water (Lukewarm only). Best to avoid hot tubs

NO creams, lotions, oils or powders other than those recommended by Mayo. No Neosporin.

NO rubbing alcohol

NO perfumes, colognes, after-shave, pre-shave on any part of body/clothing

NO fabric softener in washer

NO fabric softener sheets in dryer

NO washing machine water softener, such as Calgon ("in-house" water softeners are OK)

White vinegar in rinse cycle helps remove soap

NO scented deodorants. (OK to use Plain cornstarch, or Fragrance-free antiperspirant, eg, Certain Dri Ⓟ), or Almay unscented antiperspirants.

NO wetting of hands more than **5** times per day

NO tight fitting clothes

NO scrubbing! NO Loofa! NO pumice stone! NO wash cloth. DO NOT pull off dead skin (Instead, snip off dead skin w/ scissors)

No soap or washcloth to groin or bottom (Use fingers gently only)

No Tucks, Baby wipes or other pre-made cleansing cloths to groin or buttock