

## RECOMMENDATIONS FOR DAILY SKIN CARE

**Proper skin care begins with aggressive skin moisturization. The most effective skin moisturizer is water followed by application of a sealer applied over moisturized skin. Skin creams and ointments are barriers that can effectively seal in moisture but do not add significant moisture to the skin.**

### SOAK AND SEAL

1. Take at least one bath daily with warm water for 15-20 minutes. Your fingers should be wrinkled before you are done which indicates that your skin has absorbed the maximum amount of water it can hold. When your skin is very dry, it is best to take two baths daily.
2. Use a gentle cleaning bar for was such as Unscented Dove, Oil of Olay, Eucerin, Basis, Cetaphil, Vanicream, Avenno or Oilatum. During a severe flare-up you may choose to limit the use of cleansers to avoid possible irritation. You should thoroughly rinse off after washing your hair. It is best not to wash off in the bath that you will be soaking in. We prefer that you clean your hair and skin in the shower and soak in the bath.
3. Pat away excess water and immediately (within 3 minutes) after the bath, apply the moisturizer or the skin medications prescribed onto damp skin. Apply any prescribed skin creams or ointments immediately to the involved areas and then a moisturizer everywhere else on skin which has not received medication. Do not put skin moisturizers over prescribed skin creams or ointments.
4. After application of skin creams or ointments it is best to immediately cover up with cotton clothing. After the evening bath, you should cover with cotton long-underwear and socks prior to bed time. This will help maximize the benefits of the “soak and seal”.

Recommended fragrance-free moisturizers include:

*Eucerin Crème Original or Calming, Vanicream, Cetaphil lotion or Moisturel lotion, CeraVe*

### Reduce Skin Irritation

1. Wash all new clothes before wearing them. This removes formaldehyde and other potentially irritating chemicals which are used during production and packaging.
2. Add a second rinse cycle to ensure removal of soap. Residual laundry detergent, particularly perfume or dye, may be irritating when it remains in the clothing. Changing to a liquid or fragrance-free, dye-free detergent may also be most comfortable.
3. Wear garments which allow air to pass freely to your skin. Open weave, loose-fitting or cotton blend clothing may be most comfortable.

4. Work and sleep in comfortable surroundings with a fairly constant temperature and humidity level.
5. Keep fingernails very short and smooth to help prevent damage due to scratching.
6. Appropriate use of sedating antihistamines (Benadryl), cetirizine (Zyrtec) and other prescription antihistamines such as hydroxyzine may reduce itching to some degree through their tranquilizing and sedative effects. Be careful as these medications can lead to significant fatigue and impaired motor skills for quite some time in many people.
7. An excellent resource for people with eczema is the

**National Eczema Association for Science Education**

[www.nationaleczema.org](http://www.nationaleczema.org)

**(800) 818-7546**

**National Jewish Medical and research Center**

[www.nationaljewish.org](http://www.nationaljewish.org)

**(800) 212-LUNG**