



ALLERGY ASTHMA CARE, P.C.

Recommendations for Good Daily Skin Care!

Soak and Seal

Skin moisturizers do very little if anything to moisturize your skin. While their use is very important, their main role is to lock in any moisture or oil that is already present in your skin. You will not be able to add oil or water to your skin, to any significant degree, from using a skin moisturizer. Therefore, it is crucial to pre-moisturize your skin before putting on any creams or ointments. This is why we call this method, “Soak and Seal”.

- 1.** Take at least one bath with just water daily; use warm, comfortable water, for 15-20 minutes. When your skin is very dry, it is best to take two baths daily. We have found that baths are much more effective than showers for moisturizing your skin.
- 2.** Do not use soap or shampoo in the soaking baths-soap should be used in a separate bath or shower prior to soaking in water. Soaking in soap or shampoo for prolonged periods will delete your skin of its natural oils. Use a gentle cleansing bar or wash such as Unscented Dove,

Oil of Olay, Eucerin, Basis, Cetaphil, Vanicream, Aveeno, or Oilatum. During an exacerbation limit the use of cleansers. Thoroughly rinse off after washing your hair.

3. After bathing, pat away excess water and immediately (within 3 minutes) after the bath, apply a moisturizer or the medicated skin creams or ointments as prescribed onto damp, not wet, skin. This will seal in the moisture and make the skin less dry and itchy.

4. Apply any prescribed skin creams or ointments immediately to the involved areas only and then moisturizer everywhere on skin which has not received medication.

5. After applying any moisturizers, medicated skin creams or ointments at night, it is best to sleep in cotton long underwear or pajamas. This will greatly help to keep the skin creams or ointments on your skin and not have them rub off onto the bed sheets.

Recommended fragrance –free moisturizers include:

Aquaphor, Eucerin Crème Original or Calming, Vanicream, Cetaphil Cream, or Moisturel Cream.

Moisturizing skin creams should not be applied over the prescription creams/ointments.

HERE ARE SOME OTHER HELPFUL TIPS:

1. Wash all new clothes before wearing them. This removes formaldehyde and other potentially irritating chemicals which are used during production and packing.

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 helpful.

3. Wear garments which allow air to pass freely to your skin. Open weave, loose-fitting, 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) and other prescription antihistamines such as hydroxyzine, may reduce itching through their antihistamine and sedative effects. However, they can cause a great deal of fatigue and should not be used during the day or prior to driving a vehicle.

7. Excellent resources for people with eczema:

National Eczema Association

www.nationaleczema.org

(800)818-7546

National Jewish Medical and Research Center

www.nationaljewish.org