



DRY SKIN/ECZEMA PROTOCOL

- Bathe once daily with lukewarm water. Avoid taking hot showers and baths, and avoid lathering dry skin areas with soaps on a daily basis.
- Use a sensitive skin cleanser only where needed. Avoid bath gels. Cleansers may be used daily to genital areas, underarms, beneath breast and feet. To all other areas of the body, cleansers are only necessary a few times a week.
- Do not scrub with a wash cloth; your hands are fine to use with cleanser.
- After bath, pat dry with a towel; do not rub. Within three minutes after drying off, apply prescription cream/ointment (if prescribed) to any areas of rash present. Then cover entire body with moisturizing cream, not lotion.
- Use fragrance-free laundry detergent (ALL free and clear). Eliminate use of dryer sheets and fabric softeners unless fragrance-free. Avoid perfumes and fragrance body sprays or colognes.
- Avoid taking hot showers and baths, and avoid lathering dry skin areas with soaps on a daily basis.
- Moisturize skin daily, immediately after bath or shower.

RECOMMENDED PRODUCTS

Products are available in LABL Studio, located in the downstairs lobby.

Cleansers:

- Vanicream Bar
- CeraVe Hydrating Cleanser
- Epionce Lytic Cleanser

Moisturizers:

- CeraVe Cream
- Vanicream
- Elta Moisture – Rich Body Crème
- Skin for Life – Hyaluronic Acid
- Epionce Medical Barrier Cream
- Epionce Extreme Barrier Cream

Exfoliating Moisturizers:

- Excipial 10% Urea Cream
- CeraVe SA cream/lotion
- SC Retexturizing Lotion
- Glytone Exfoliating Body Lotion

Oils:

- Robathol Bath Oil (add to bath or to damp skin before towel drying, then follow with moisturizer)
- Aqualent Moisture Sealant

Lip Treatments:

- Dr. Dan's Cortibalm
- Vaniply Lip Balm
- Elta Lip Balm - SPF 31
- Malin + Goetz Lip Balm
- SkinCeuticals HydraBalm
- City Lips
- SkinMedica HA5 Smooth + Plump Lip System

Hand Treatments:

- CeraVe Hand Cream
- Cutemol
- Cotton Gloves
- Excipial Night Renewal Hand Cream