

Sensitive Skin Guide

Eczema, atopic dermatitis, and extra dry itchy skin can be managed by using these at home tips...

1. Avoid using any fragrances.

Switch to: sensitive skin products such as *Dove sensitive skin* body wash, *Free and Clear* laundry detergent; stop using fabric softener, perfume/ cologne, and fragranted lotions.

2. Moisturize, Moisturize, Moisturize. (3-5 times a day). Dry skin makes eczema worse.

Try: *Avene XeraCalm*, *Lipitkar Balm*, *CeraVe*, *Cetaphil*, *Aquaphor*, *Vaseline*

Change your soap -- try Avene Cleansing Oil, Hydrating Cleanser by La Roche Posay

3. Try changing your diet. Certain foods can trigger or make eczema worse.

Switch to almond milk, or other non-dairy products, and reduce excess sugars. Watch for food allergens, and keep a food diary. Add a probiotic, vitamin D, and multivitamin. Limit gluten if you notice worsening symptoms

4. Steroids.

Sometimes eczema flares require a prescription strength topical steroid ointment or cream. These should be used sparingly for flares. Steroids when used for more than 2 weeks continuously can cause skin changes such as thinning and lightening. Some people can even develop another rash. Steroids should not be used on the face, armpits, or groin, unless specified by your providers.

5. Anti-histamines (Allergy medicine).

Try taking Zyrtec (Cetirizine) tablets once a day to reduce histamine (allergy) response to help with itching and rash. There are children's Zyrtec and adults Zyrtec.

6. Soak and Seal or Wet Pajama Therapy.

Soak and Seal technique: Seal moisture back into the skin by applying your prescribed medication (if you're having a flare) and then apply your moisturizer/cream/lotion to the affected area, next wrap the area with saran wrap for at least 20 minutes. This technique works great on arms and legs.

Wet Pajama Therapy: place a onesie in water and ring it out so it is just damp. Next, you can put medicated cream like a steroid cream if flaring or skip this step if not prescribed steroid cream. Put your moisturizer cream/lotion on your child. Then put the damp onesie on your child. Put a dry pair of pajamas over it. Let your child wear this to bed overnight or wear for as long as tolerated. This is great for young children who do not tolerate saran wrap or have eczema on most of their body.

Bleach Bath: This may be recommended to reduce secondary bacterial infections. In a full tub of lukewarm water, add ¼ cup of bleach, and 1 tablespoon of vinegar. Soak affected areas for 10 minutes. This should only be done twice a week. Do not soak your face or hair.