

## **Dermatitis Skin Care (Supplement to Dry Skin Care)**

Dermatitis is inflammation of the skin, usually due to dryness, irritation, sensitive skin, or to an allergy.

### **Hair Care**

Suggested Shampoos/Conditioners:

- Free & Clear
- DHS

Suggested hair sprays

- Fragrance-free
- Free & Clear

### **General**

- Avoid perfumes, colognes, after-shave, and pre-shaves on any part of your body.
- Avoid scented deodorants. Use unscented antiperspirant such as Almay hypoallergenic or an antiperspirant rock that you can buy at a health store.
- Use white unscented toilet paper.
- Do not scratch, pick off dead skin or use a loofa.
- Avoid bleaching clothes, especially underwear.

### **Hand Care**

- If you are doing something that will get your hands wet, wear gloves. Wear white cotton gloves under rubber/vinyl gloves.
- Avoid getting your hands wet more than 5 times a day.
- Use mild non-soap cleansers that you can use with or without water: Oilatum AD Liquid Cleanser and Cetaphil for Sensitive Skin.
- If you use a soap cleanser, make sure you rinse off all the lather, especially between your fingers.
- Pat dry hands, do not rub.
- Apply moisturizer to the hands after each washing. We recommend:
  - Cetaphil cream
  - Theraseal (barrier type)
  - Carmol 10/20 (urea)
  - Vanicream

### **Cream Schedule**

- Apply \_\_\_\_\_(medicated ointment/cream) \_\_\_\_\_ times per day as prescribed.
- Apply moisturizer generously to all skin two to three times per day.
- As your skin improves, decrease the use of the prescription creams, but continue with the moisturizer.

Content approval: Dermatology Section

July 2004

VA Medical Center  
Minneapolis, Minnesota