

# ASTHMA ALLERGY AND CLINICAL IMMUNOLOGY

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## Good Skin Care

Wash all new clothes before you wear them.

Wash all new sheets before sleeping on them.

Use fragrance-free mild laundry detergents:

Use liquid detergent.

Rinse clothes twice. No fabric softener.

Wear loose-fitting cotton-blend clothing.

Keep fingernails short to prevent scratching.

Wear sunscreen and avoid sunburns.

Immediately after swimming or using a hot tub, take a bath or shower, using mild soap (i.e. Dove).

Work and sleep in comfortable surroundings with a fairly constant temperature and humidity level. Sweating can cause itching.

Take at least one bath or shower per day. Use warm (not hot) water for at least 20 minutes. Do not use a washcloth.

Gently pat dry and immediately (within 2-5 minutes), apply moisturizer or skin medication on damp skin. This will seal in the water and make skin less dry and itchy. Do not apply moisturizer over the top of your skin medication.

### Moisturizers to try:

1. Eucerin
2. Vanicream
3. Cetaphil Cream
4. Aquaphor Cream