



REVIVAL DERMATOLOGY

Post Procedure Instructions

ATOPIC DERMATITIS—DAILY SKIN CARE

No cure exists for atopic dermatitis, but it can be controlled. Caring for this condition requires paying attention to proper daily skin cleansing and moisturizing along with using the medicines prescribed by your doctor.

Skin Cleansing:

- Use a fragrance free, mild soap or non-soap cleanser such as Aveeno, Cetaphil liquid cleanser, Dove, or Cerave cleanser. CLn is a cleanser we carry in the office that also treats eczema because of its ability to act like a bleach bath (see below)
- Avoid aggressively scrubbing your skin with wash cloths, sponges or brushes.
- Bathe in lukewarm water, once daily. Hot water worsens dry skin. Do not use bubble bath.
- Soak rather than shower. Tub bathing for 10 minutes will allow for good rehydration of the skin. This is especially helpful during flares.
- Bleach baths: ½ cup of bleach in the tub, soak for 20 minutes, then use fresh water for hair, face and final rinse. This will reduce skin bacteria that may worsen eczema.

Skin Moisturizing:

- Gently pat your skin partially dry immediately after getting wet. If a prescription medicine is prescribed, apply to the affected areas while your skin is damp and rub in well. Next layer/apply a non-irritating moisturizer (Aveeno lotion/cream, Cerave cream, Elta cream, Cetaphil cream, Aquaphor ointment) to lock in the moisture.
- Try to apply the medicine/moisturizer to damp skin within 3 MINUTES after your bath.
- Reapply the moisturizer as needed throughout the day.
- Most prescription medicines should be applied twice a day on an as needed basis. More frequent application offers no additional benefit. If you look dry during the day, use your moisturizer.

Avoid Irritants:

- Use a sensitive skin laundry detergent (Cheer Free, Dreft, All Free and Clear). Avoid using fabric softeners.
- Run clothes through a second rinse cycle to remove any residual detergents.
- Avoid wool clothing.
- Avoid heavily scented or perfumed items.
- Avoid becoming too hot and sweating (sweat is an irritant) or keeping the house too cool and dry with a/c. Use of heaters in the winter also increases dryness.

TREATMENT PLAN: If it is RED, RAISED, SCALY or ITCHY, TREAT IT!
MEDICINE FIRST, THEN MOISTURIZE

FOR FLARES _____

FOR MAINTENANCE _____

