

SENSITIVE SKIN CARE

People with sensitive skin or a history of eczema or “atopic dermatitis” have to take special care of their skin in order to prevent irritation or a flare of their condition. Following these simple steps will reduce the risk of irritation and the need for prescription medications.

1. Do not use soap to wash your skin. We recommend a non-soap cleanser that is hypoallergenic and fragrance-free, such as Cetaphil Restoraderm or CeraVe. You may also use Burt’s Bees Buttermilk Cleanser or Dove Hypoallergenic Moisturizing Bar.
2. Take a brief, lukewarm (NOT hot) bath or shower daily. After bathing, immediately apply a thick cream to all of your skin. Applying cream within 3 minutes of getting out of the bath or shower, while your skin is still damp, is most effective to “lock in” the moisture. We recommend Cetaphil Restoraderm, CeraVe or Eucerin. Plain Vaseline or petroleum jelly is best for areas where there is broken or irritated skin, as long as it does not contain ingredients that can cause an allergic reaction. Apply cream to your skin at least twice during the day; more if needed.
3. Stop using laundry detergents with fragrances and dyes. These cause allergic rashes in many people with sensitive skin. All Free and Clear or Deft detergents are good choices.
4. Swimming in chlorinated water is fine for people with sensitive skin, as long as you immediately rinse the chlorine off and apply a thick cream after swimming.
5. Avoid irritating fabrics, like wool. Avoid excessive dyes in clothing. You may want to consider wearing organic, untreated cotton clothes. Wash your clothes before wearing them to remove chemicals, like formaldehyde. This is especially important in children’s and baby’s clothes.
6. Consider taking an Omega-3 fatty acid supplement, such as salmon or flax seeds. This will help reduce inflammation and provide essential fatty acids to your skin to help it form a healthy barrier against irritants.