

Sensitive Skin Handout

1. Do not bathe excessively, as this can dry out the skin.
2. Bathe in lukewarm or warm water.
3. Bath/showers should be no longer than 10-20 minutes.
4. Gentle and fragrance free cleansers should be used. We recommend **Free and Clear Cleanser, Dove Unscented Bar Soap, Cetaphil or Cerave.**
5. Bathe gently. Aggressive scrubbing aggravates the skin.
6. Pat dry and if instructed, apply a prescription topical while skin is still damp.

Instructions for topical prescription use:

Apply _____ twice daily to affected areas. At least once after bathing/showering. AVOID areas of thin skin such as face, underarms, groin, etc.

Apply _____ twice daily to sensitive areas on face, underarms, groin, etc. At least once after bathing/showering.

*To minimize the risks of unwanted side effects, apply only as directed. Apply a thin layer to affected area for no longer than **2 weeks**. Prolonged steroid use can result in lightening and thinning of skin.*

7. Apply a heavy moisturizer or ointment. We recommend **Vaseline, Vanicream Cream, Cerave Healing Ointment, Cerave Moisturizing Cream, or Cetaphil Moisturizing Cream.**
8. To avoid further irritation, use fragrance free detergents and avoid using fabric softener and dryer sheets. We recommend **ALL Free and Clear, or Dreft Free laundry detergents.**
9. Fragrance free shampoo and conditioner may also be necessary. We recommend **Free and Clear Shampoo and Conditioner.**
10. If instructed, begin bleach baths 2-3 times per week to help decrease flares and bacterial growth on the skin.

BLEACH BATH INSTRUCTIONS:

Add ½ cup of BLEACH to a standard size bathtub of water. Soak the body for 10-15 minutes (do not submerge the head).

To Treat Itching

1. Do not use alcohol, essential oils or other home remedies.
2. Use ointments or creams. We recommend Vaseline and Vanicream Cream.
3. Over the counter SARNA lotion and CeraVe Anti-Itch lotion can be used frequently. Keep in the refrigerator.
4. Over the counter antihistamines can help reduce itchiness and help with sleep. We recommend Zyrtec in the morning and Benadryl at night.
5. If instructed, begin wet wraps to help reduce inflammation and irritation.

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WET WRAPS INSTRUCTIONS:

Apply the prescribed steroid cream or ointment in long sweeps and then wrap the skin in warm, damp towels, long cotton pajamas, or gauze and cover with a second, dry layer. Socks with the foot cut off can serve as sleeves. Leave wet wraps in place for 1-2 hours.

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