

Eczema Care

1. Eczema cannot be cured, only controlled.

- Eczema can be thought of as a combination of skin dryness, sensitivity, and allergy.
- Everyday skin care is the most important factor in preventing flares.

2. Moisturize, moisturize, moisturize!

- Moisturize at least 3 to 4 times per day. Moisturize especially after skin has been wet, such as after bathing, showering, or washing hands. Moisturizing traps moisture against the skin.
- Some examples of good moisturizers include:
 - CeraVe® Moisturizing Cream (not lotion)
 - Vanicream® Moisturizing Skin Cream
 - Cetaphil® Cream (not lotion)

3. Avoid hot water; it dries the skin.

- Shower or bathe in tepid or lukewarm (not hot) water.
- Wash hands in tepid or lukewarm (not hot) water

4. Avoid soap; it also dries and irritates the skin.

- Use soap only in groin, underarm and buttock areas. For these areas use a mild soap, such as Dove®.
- On the face, hands, and feet use “soap-less” soaps such as:
 - Vanicream® Soap
 - CeraVe® Hydrating Cleanser
 - Cetaphil® Daily Facial cleanser
 - Cetaphil® Restoraderm Body Wash
- Either use nothing or the above on other areas, including areas with rash.
- Try to avoid washing areas with rash more than once or twice per day, if possible.

5. If your eczema is on the hands:

- Avoid chemicals, oils, and solvents, which will irritate the skin and cause allergic responses.
- If you wear gloves, avoid latex and wear a cotton liner with any glove.
- Wash your hands as few times as possible. If you must wash your hands, use “soap-less” soaps, as noted above, and avoid hot water.
- You can help the moisturizers and medicated creams or ointments that we give you work even better by doing the following:
 - Apply medication before bed after moisturizing.
 - Afterward, put on cotton gloves.
 - Leave gloves on all night to drive medications and/or moisturizers into the skin.

6. If your eczema is on the feet:

- Again, avoid washing too often, or with hot water. Wash with “soap-less” soaps.
- Try changing shoes; you may be allergic to something in your shoes.
- Avoid dyed socks if possible; you may be allergic to the dyes used.
- At night, you can use the same treatment as described above for the hands; just use white cotton socks instead of gloves.
- If your feet sweat, wear synthetic moisture wicking socks to keep your feet as dry as possible. Remove your shoes and expose feet to air as much as possible.

Please contact us at 520.795.7729 if you have any questions or concerns.