

# Skin Care Recommendations for Dry, Irritated, Sensitive Skin

## There are several general guidelines to follow:

1. Avoid anything which when applied to the skin causes redness, burning, itching, or tingling.
2. Avoid anything which can dry the skin: excessive bathing (refer to bathing recommendations); Low humidity (it is helpful to humidify the house during the winter heating season)
3. Avoid anything which is scented (all bath, laundry, and cosmetic products should be fragrance free)

## Soap:

Cetaphil Gentle Skin cleanser  
CeraVe Hydrating cleanser  
Free & Clear liquid cleanser  
Aquanil cleanser

## Moisturizer:

Cetaphil moisturizing lotion or cream  
CeraVe moisturizing lotion or cream  
Vanicream moisturizing cream for sensitive skin  
Lubriderm Seriously Sensitive lotion  
Curel fragrance free lotion  
DML moisturizing lotion

\*Apply moisturizer daily to damp skin immediately after bathing; especially in the winter. First, blot skin dry with a towel. Do not rub the skin with the towel. Then, apply the moisturizer to the entire skin surface. This is best done while the skin is still damp, still in the bathroom while the humidity is high.

## Shampoo and Conditioner:

DHS Clear shampoo  
DHS Conditioning Rinse  
Free & Clear shampoo  
Free & Clear conditioner

\*If you use hairspray or styling gel, you should only use fragrance-free products.

## Showering/Bathing techniques:

Keep short. Do not exceed 10 minutes.  
No more than once a day  
Keep the water temperature cool to warm; no hot water.

## Laundry:

Use fragrance-free detergent only. Any brand which offers fragrance-free is acceptable. Examples: Tide Free, All Free & Clear, Cheer Free, Arm and Hammer Free, Ivory Snow, or Dreft.  
Avoid use of fabric softeners, static control sheets (including fragrance-free varieties), and scented bleaches.

## Hand Involvement:

1. Minimize hand washing; wash your hands as little as possible.
2. Apply Cutemol or Topix Intensive hand cream after each hand washing.
3. Cotton gloves should be worn against the skin with water-proof gloves over top if necessary. Gloves should be worn for all work with the hands, including but not limited to: cleaning, any food preparation, or any work with the hands that may cause contamination with a potential skin irritant.

## Example of acceptable Toothpastes:

Aquafresh Cavity Protection Original formula  
Sensodyne Pronamel Fresh Breath Daily Anti-Cavity  
Tom's Clean & Gentle  
Tom's Baking Soda Cavity Protection  
Arm & Hammer Dental Care Advance Cleaning

\* Avoid tartar control and/or whitener toothpastes and mouthwashes/plaque rinses.