

# Eczema

- 1.) SHOWER OR BATHE IN COOL TEPID WATER:  
 DAILY  
 EVERY OTHER DAY

- 2.) SOAPS TO USE:  
 OILATUM OR OILATUM AD SKIN CLEANSER  
 WHITE DOVE  
 BASIS  
 CETAPHIL OR CETAPHIL SKIN CLEANSER  
 EUCERIN  
 AVEENO BAR  
 CERA VE SKIN CLEANSER

\* TRY LIMITING SOAP TO ARMPITS AND GENITAL AREAS WHEN ODOR TENDS TO DEVELOP.

- 3.) IMMEDIATELY AFTER BATH/SHOWER WHEN SKIN IS STILL WET, USE HANDS TO WIPE OFF LARGE WATER BEADS; THEN APPLY PRESCRIPTION CREAMS/OINTMENTS IN A THIN FILM TO AREAS OF RASH ONLY.

- 4.) AFTER APPLYING THE PRESCRIPTION CREAMS/OINTMENTS, APPLY THE FOLLOWING MOISTURIZERS ALL OVER BODY.  
 AQUAPHOR OINTMENT  
 EUCERIN CREAM  
 CETAPHIL, AVEENO, OR CERA VE CREAMS OR LOTIONS  
 AMLACTIN CREAM 12%  
 SALEX CREAM/LOTION

\* ONCE AGAIN, LATER IN THE DAY, RE-APPLY PRESCRIPTION CREAMS/OINTMENTS TO RASH AREAS AND MOISTURIZERS ALL OVER BODY, FOR A TOTAL OF TWICE DAILY.