

Dermatitis Instructions (Lucas)

Please follow these instructions for rash (dermatitis) and/or itching (pruritis):

- Use a non-soap cleanser only: Dove Bar for Sensitive Skin (do not use the liquid wash, as this is not free of propylene glycol), Eucerin non-soap cleanser or Aveeno Skin Relief Body Wash
- Take lukewarm, NOT hot, brief showers.
- Mix the 80G tube of your prescribed topical steroid into/with a 1LB (16 oz) jar of Cera Ve Cream thoroughly. Apply this twice daily from the neck down (immediately after showering and before bedtime is ideal).
- Additionally, you may use CeraVe Anti-Itch lotion or Sarna lotion (menthol-based) as much as you need.
- Take a non-sedating antihistamine such as Xyzal, Allegra or Claritin TWICE daily- am and pm. Zyrtec is considered non-sedating, but it can make some people drowsy. Do not take Benadryl.
- **Only if directed**, if you are still itchy after twice daily antihistamines, add over the counter Famotidine 20 mg in the afternoon.
- You may be directed to change your shampoo and conditioner to non-allergenic DHS brand, especially if your dermatitis includes your eyelids, face, or neck. This can be found at your local pharmacy; you may have to ask the pharmacist for it although it is not a prescription item.
- Switch your detergent to All Free and Clear OR Double rinse all your laundry. (You may want to launder your sheets and towels this way when you return home.)
- Discontinue all fragranced products: perfumes, body sprays, fragranced moisturizers.
- Discontinue burning scented candles in your home.

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