

Eyelid and Facial Dermatitis Instructions (Lucas)

- Discontinue all scented shampoos and conditioners: Switch to DHS brand. (this is not a prescription, but you may have to ask your pharmacist to pull this from behind the pharmacy counter)
- Use non-soap cleansers on your body and face: *Dove Bar for Sensitive Skin, Cera Ve Cleanser, Eucerin non-soap Cleanser or Cetaphil.
- Re-laundry your sheets (especially pillowcase) and towels with All Free and Clear or double rinse your laundry.
- If directed, use a non-sedating antihistamine such as Allegra or Claritin up to twice daily. (Zyrtec is listed as non-sedating, but it can make some people drowsy.)

You will be directed to use one of the following:

- Hydrocortisone 1% OINTMENT: Wash hands and then Apply a thin layer twice daily to affected eyelids. Be careful not to get into your eyes. You may use this for up to 7 days. (Do not use Hydrocortisone lotion or cream: it requires water, which requires the use of preservatives which may worsen the problem.) This is an over the counter product (OTC); it does not require a prescription. You may supplement with plain Vaseline if needed.
- Prescription topical steroids: Wash hands and then Apply a thin layer twice daily for no more than 7 days. Be careful not to get into your eyes. You may supplement with Vaseline if needed.
- Prescription non-steroids: Tacrolimus/Protopic, Pimecrolimus/Elidel, Crisaborole/Eucrisa
(If you are prescribed both a topical steroid AND one of these, discontinue the topical steroid after 5 days and begin using this.)
Wash your hands before and after applying. Apply a thin layer to affected areas twice daily. You may feel a burning sensation- this is a transient side effect of this medication. You may continue to use this until your dermatitis resolves.

Consider things you have been handling with/ using on your hands

Eyelid/ facial rashes are often caused by things we touch, or use on our hands and transfer to our face or eyelids.

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