

Bruce P. Robinson, MD, FAAD

Diplomate American Board of Dermatology
121 East 60th Street, Second Floor
New York, New York 10022
Website: www.BruceRobinsonMD.com
Tele: 1 (212) 750 - 7121
Email: info@brucerobinsonmd.com

Guidelines for Improving Your Eczema

Decrease the frequency of showering. Shower every other day or for less than five minutes once a day. **AVOID BATHS!**

Use warm water. Do **NOT** take hot showers.

Use mild soaps such as Dove, Lever 2000, Cetaphil, Oil of Olay, Tone or Caress. Only soap the entire body every other day. The days you do not soap the entire body, apply soap to the underarms and groin areas only. These are the areas of the body that are most responsible for body odor.

After showering pat your skin dry. Do **NOT** RUB! Then, as directed, immediately apply your prescribed medicine to the **affected areas only**. This is followed by an application of a moisturizer (VaniCream, Cetaphil cream, Eucerin cream, or Aquaphor ointment) to the **entire body**. Reapply the moisturizer before bed. This helps soften, smooth and seal in moisture. The “greasier” the skin feels the faster you will see improvement.

Make sure you use a Cream, not a lotion, as lotions are not as moisturizing.

Applying moisturizing cream frequently (more than twice a day, such as after every hand washing) will rapidly improve the itching and your eczema.

Use a humidifier in dry environments.

Avoid irritating or tight clothes, especially those made of wool and nylon. Use cotton.

Avoid rapid changes in temperature and any strenuous physical activity. Increased sweating seems to cause itching.

Maintaining the outlined treatment will help prevent recurrent flares, even if the eczema improves.

For additional information about eczema or other skin conditions please visit our website @ www.bruceRobinsonmd.com.