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Diplomate American Board of Dermatology

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### Guidelines for Improving Your Hand Eczema

- Decrease frequency of hand washing
- If you use soapless, alcohol hand sanitizer always apply moisturizer afterwards.
- Use an automatic dishwashing/washing machine as much as possible. Avoid hand washing dishes or clothes.
- If your hands must be in the water, use “**cotton lined**” rubber gloves (changing the cotton lining every 20 minutes).
- When outdoors in cool weather, wear gloves to protect your hands.
- When washing your hands, use luke warm water and gentle soaps like Cetaphil gentle skin cleanser or Dove. Immediately pat dry and apply a moisturizing cream. (Do not let hands air dry).
- Applying moisturizing creams to hands as often as possible will help keep your hands soft and supple and help prevent reoccurrence of hand eczema.

Continue the above guidelines even if the eczema improves. This will keep the eczema from recurring. For more information regarding hand eczema or other skin conditions please visit our website @ [www.brucerobinsonmd.com](http://www.brucerobinsonmd.com).