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## **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 (Cetaphil cream, Eucerin cream, or Aquaphor ointment) to the **entire body**. Reapply the moisturizer before bed. This helps soften, smooth and seal in moisture.
- Use a humidifier or a vaporizer.
- **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.
- Continue the above guidelines even if the eczema improves. This will keep the eczema from recurring.