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### Guidelines for Improving Your Hand Eczema

- Decrease frequency of hand washing
- 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.

\*\*\* Continue the above guidelines even if the eczema improves. This will keep the eczema from recurring.