

Ideal Person with Dermatitis

Know your triggers

- **Know what your body reacts to:**
 - Most common Allergens: Poison Ivy/Sumac, Nickel (jewelry), Hair products, Fragrance mix (common in dryer sheets and lotions), Cobalt Chloride (tattoos, cement), Colophony (yellow soap, adhesives), Potassium dichromate (paint, leather), Thiuram mix (rubber), Neomycin (antibiotic ointment), Formaldehyde (preservative), Benzocaine (topical anesthetic), Elastic (+ bleach)
- **There can be a lag of 1 to 21 days between exposure and reaction**
- **“Natural” and “Hypoallergenic” on packages mean NOTHING**

Lifestyle Modifications

- **Avoid your triggers**
- If trigger is unknown, discontinue use of lotions, dryer sheets, and eliminate any of the objects listed above.
- Change soap to DOVE Sensitive Skin Unscented
- Change detergent to Arm & Hammer Dye and Fragrance Free Detergent
- Obey the “Nos” of dermatitis:
 - No hot baths, bubble baths, or showers
 - No hot tubs
 - No soap
 - No rubbing or itching
 - No loofahs or back scratchers

Routine Laboratory Testing

- None usually necessary unless trigger is not found

Medications (checked if prescribed) Dose

- Emollients (skin hydrators – available over the counter unless noted)
 - Neutrogena Soothing Relief
 - Sarna
 - Eucerin Calming Cream
 - AmLactin
 - LacHydrin (prescription)
 - All should be applied to affected areas three times daily, with at least once after shower/bath
- Topical Steroids _____
 - _____
- Other Topical Treatment _____
 - _____
- Oral Steroids _____