

## **Skin Diet**

You have been prescribed a *skin diet*. We recommend that you only use products on this list. If you use other products even once per month it is possible your skin rash will return.

### **Moisturizers:**

- Cerave Moisturizing Cream or Moisturizing Body Lotion
- Vanicream Lotion or Moisturizing Cream
- Vaniply Ointment
- Neutrogena Norwegian Formula Hand Cream (Fragrance Free Only)
- Vaseline Petroleum Jelly

### **Cleansers:**

- Free and Clear Liquid Cleanser
- Neutrogena Ultra Gentle Hydrating Cleanser
- Cerave Hydrating Cleanser
- Albolene Moisturizing Cleanser
- Vanicream Moisturizing Bar

### **Shampoo**

- Free and Clear Shampoo and Conditioner
- AMF Safe Choice Shampoo

### **Irritant Avoidance Regiment**

- Short, lukewarm showers
- Pat dry after showering and immediately apply moisturizers
- For hands and feet – apply medication or moisturizers under cotton glove or sock occlusion
- Avoid dryer sheets or scented laundry detergents
- Avoid scented products coming in contact with your skin
- Consider oral over the counter antihistamines