

CONTACT DERMATITIS CLINIC

General Hand-Care Instructions

Skin protection is very important. Minor irritation can cause skin conditions to flare even after your skin has healed.

These are general suggestions only. Your health care practitioner may have specific instructions for the care of your skin. The clinic may also provide you with specific tips if you have a skin allergy.

- 1** Wash hands in lukewarm water using unscented and irritant-free soap or hand cleanser. You may want to remove rings when washing hands as soap caught under rings can cause dermatitis to flare.
- 2** Rinse hands thoroughly and pat hands dry. Apply fragrance-free, non-irritating moisturizing cream to hands after washing.
- 3** Avoid skin contact with dishwashing and laundry detergents, strong cleaning agents, shampoos, various waxes and polishes, solvents and thinners.
- 4** Don't apply hair lotion, cream, gels or dyes with bare hands.
- 5** Avoid skin contact with vegetables and fruits, especially raw onions and garlic.
- 6** Use cotton-lined vinyl, or rubber gloves. Use thin cotton liners inside gloves to absorb perspiration.
- 7** When coming into contact with dusty or dirty work, protect hands with cotton gloves.
- 8** Protect your hands against the cold. Wear warm mitts or gloves at all times when in the cold. Even one minute of unprotected cold exposure may dry out hands. Be sure to wear gloves/mitts when handling a cold steering wheel.
- 9** Use protective creams around your nails both before and after washing hands.
- 10** If you need to use corticosteroid or other medicated creams, apply as directed by physician.

Remember...

- **AVOID** (irritants, allergens)
- **PROTECT** (cotton lining, the right gloves)
- **CARE FOR YOUR HANDS** (mild soap, fragrance/irritant-free moisturizing creams)

If you have any questions, please ask.