

Dry and Sensitive Skin Care Products

Pediatric and Adolescent Dermatology

Moisturizers

Moisturizers should be used regularly, even if skin does not appear dry. **Lotions** are NOT recommended due to their high alcohol and water content.

- **Ointments (Best)**
 - Vaseline Petroleum Jelly
 - Aquaphor Healing Ointment
 - Vanicream Moisturizing Ointment
- **Creams (Good)**
 - Cerave Moisturizing Cream
 - Cetaphil Moisturizing Cream
 - Vanicream Moisturizing Cream
 - Aveeno Skin Relief Moisture Repair Cream
 - Eucerin Eczema Relief Cream

Skin cleansers/soaps

Use only on areas of the body that are visibly soiled or odorous (i.e. groin, underarms, buttocks). Use only fragrance-free soaps and cleansers. Avoid Johnson's Baby products as these contain heavy fragrance.

- Dove Sensitive Skin Bar Soap or Body Wash
- Cerave Hydrating Cleansing Bar or Hydrating Body Wash
- Cetaphil Gentle Cleansing Bar or Gentle Skin Cleanser or Ultra Gentle Body Wash
- Vanicream Cleansing Bar or Gentle Body Wash
- Aveeno Moisturizing Bar or Skin Relief Body Wash
- Aquaphor Baby Gentle Wash & Shampoo
- Purpose Gentle Cleansing Bar

Laundry Detergents

Use fragrance-free laundry detergents. Avoid use of fabric softeners as they can leave deposits on fabrics that can be irritating to patients with eczema.

- Tide Free
- Cheer Free
- All Free Clear
- Purex Free
- Arm & Hammer Perfume and Dye Free Liquid

Scan here for a brief educational video with more information on atopic dermatitis!

