



Recommendations for patients suffering with:

ATOPIC DERMATITIS / ECZEMA OR HIVES

- **Dreft** laundry detergent for kids / **All Free & Clear** for adults
- Double rinse cycle for laundry
- **Dove for Sensitive Skin** bar soap – light green box
- **Eucerin** (sold in the jar with red lid) mixed w/ OTC mineral oil (found in laxative aisle) to form paste – apply after bath
- No fabric softener
- **Johnson Baby Shampoo**
- Bathe every other day in tepid water – shower best, but it must be in tub then for < 10 min
- Avoid any scented skin creams, body washes or lotions

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