



THE DERMATOLOGY CLINIC

Gentle Skin Care Instructions

Detergents and Soaps:

We recommend that you switch ALL soaps, detergents, fabric softeners and bleaches to fragrance and dye free products. The following are a few product options:

Soaps:

- CeraVe Cleanser
- Cetaphil Cleanser
- Aveeno Cleanser

Detergents:

- All Free and Clear
- Tide Free
- Dreft

Moisturizers:

It is important that you aggressively moisturize twice daily ----- once to damp skin after a short lukewarm shower and again another time of the day. We recommend any of the following moisturizers:

- Cetaphil Restoraderm
- CeraVe Cream
- Aveeno Cream
- Aquaphor Ointment
- Antiperspirants and Deodorant:

Deodorants:

Deodorants are fragrance cover---ups. Antiperspirants have one of the aluminum compounds as their active ingredient, which has sweat blocking power. We recommend any of the following deodorants:

- Certain Dri (Aluminum Chloride)
- Basis (Organic and Aluminum Free)

Showers:

One lukewarm short shower (<15 minutes) is recommended daily. Please follow moisturizing directions listed above following yo ur shower.

Diapers and Wipes:

Dyes or chemicals (chlorine, fragrances) in diapers and wipes can cause irritant dermatitis in infants. The following diapers and wipes are free of dyes and most chemicals.

- 7th Generation: www.seventhgeneration.com/Diapers
- Tender Care Diapers: www.tendercarediapers.com
- Pampers Sensitive Wipes

■ 241 Monmouth Road, Suite 101 • West Long Branch, NJ 07764

■ 901 W. Main Street, Suite 201 Freehold, NJ 07728

Phone: 732-222-2250 • Fax: 888-218-8335