

JOHNSON DERMATOLOGY

Specializing In Skin Cancer • Providing Comprehensive Skin Care

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Dr. Johnson's recommendations for people with sensitive skin

1. Use warm water and gentle cleansers such as vanicream to wash.
2. After the shower or bath, pat dry. While still damp, apply a lot of moisturizer. We prefer Vanicream, crisco or white petrolatum. Thick moisturizers without fragrance in a tub instead of a bottle are best.
3. Reapply moisturizer often.
4. Use free and clear detergents and fabric softeners.
5. Avoid scratching. Instead of scratching, apply an ice cube, a cool wet washcloth, cool moisturizer or your medication.
6. Itching without a rash may be due to an internal cause so please see your regular doctor for evaluation. Causes may include medicines, thyroid disease, anemia, etc.
7. You may keep a diary to see what makes your itch worse. Common problems include food, chemicals, stress, medicines, herbal treatments, liver problems, hormonal changes, and kidney problems.
8. If it is OK by your regular doctor, you may take oral benadryl or Claritin or other antihistamines.
9. If prone to recurrent skin infections, consider periodic bleach bath soaks for 20 minutes by putting ¼ cup bleach in a full tub of water.
10. Contact us if you have any concerns or questions. You may visit our website for more information at www.johnsondermatology.com