

**ALLERGIC CONTACT DERMATITIS  
IRRITANT CONTACT  
XEROSIS DERMATITIS  
PROTOCOL**

You have been diagnosed with a skin disorder that causes your skin to be dry, irritated and/or scaly, and possibly itchy. If necessary, your provider may give you prescription medications that will help heal and protect your skin.

Although not necessarily the cause of your condition, some soaps, laundry and personal care products are harsh and can cause further irritation to the skin. Your provider has recommended that you obtain some of the products from the list below for personal use. These products can be purchased over-the-counter (without prescription) at your local grocery store, drug store, Wal-Mart, or Target. The products noted by \*\* may be purchased at our office.

**SOAPS:**

*Vanicream cleansing bar\*\**

Dove for sensitive skin

Olay for sensitive skin

Cetaphil for sensitive skin

Neutrogena

*Robathol Oil\*\**

**MOISTURIZERS:**

*Vanicream\*\**

Aveeno

Cetaphil

Eucerin

Vaseline

Crisco

**DETERGENTS:**

All Free and Clear

Tempo Free and Clear

Arm & Hammer for Sensitive Skin

Cheer Free and Gentle

Tide Free

Dreft

Purex Baby

All Baby

**HAIR CARE:**

*Free and Clear Shampoo\*\**

*Free and Clear Conditioner\*\**

*Free and Clear Hair Spray\*\**

**DRYER SHEETS:**

Bounce Free Dryer Sheets