

SKIN CARE

1. **Avoid irritants** like harsh soap, wool clothes, solvents and other irritating chemicals, uncomfortable climate. Wash with tepid water and a *mild soap* such as *Dove*, Oil of Olay Sensitive Skin, Cetaphil or Aveeno.
2. **Moisturizer reduces** dry skin and should be used liberally and frequently, particularly after bathing. There are a number of moisturizers available such as, *plain petroleum jelly*, CeraVe cream, Vaseline Clinical Therapy, Cetaphil, Lubriderm, Eucerin, Neutrogena, and Olay Moisturize In-Shower Body Lotion.
3. For **itching**, Sarna lotion, Eucerin Itch-Relief Spray, or Benadryl (diphenhydramine) 25-50mg or Zyrtec (cetirazine) 10mg twice daily.
4. For **mild rashes**, hydrocortisone cream or ointment 1% (Cortaid, Cortisone-10)
5. For **skin infections** – cover wounds, wash with chlorhexidine liquid soap (Hibiclens), change towels and razors daily, ¼ cup of bleach in half full bathtub (25 gallons of water), bacitracin ointment to nose 3 times daily.
6. For **Compression Stockings** – Futuro, men’s dress, knee-high, 20-30 mm/hg.
7. For **Absorbing Moisture/Antiperspirant** – Zeasorb AF powder/ Dove Clinical Protection.
8. For **Fungal Infections** – Lamisil AT (terbinafine) or Micatin (miconazole) cream or spray.
9. For **Hives**—Zyrtec (cetirazine) 10 mg and Zantec (ranitidine) 150mg twice daily.
10. For Dandruff/Seborrhea Dermatitis- Head and Shoulders Shampoo; with zinc pyrithione(white bottle) Or selenium sulfide (blue bottle)

SUN PROTECTION

1. To protect your skin from sun exposure on a daily basis, we recommend the use of a moisturizer with sunscreen like Neutrogena Healthy Defense or Olay Complete Defense and take at least **400 I.U. of Vitamin D daily**.
2. At least 15 minutes prior to sun exposure, apply a **sunscreen SPF 30** or greater. (Anthelios-40, Neutrogena Ultra Sheer Dry Touch or Neutrogena Ultimate Sport Spray) The sunscreen should be waterproof or water resistant. Reapply again at least once. If you are allergic (rash) to sunscreens, try a chemical free titanium dioxide sun block. **Avoid** most intense sunlight between 10 AM to 3 PM.
3. Wear **protective clothing** and hat (www.sunprecautions.com; www.coolibar.com, Sunguardtm laundry treatment; www.ritdye.com, www.sunstoppers.com, www.tilley.com).
4. Perform yearly **self-skin examinations** looking for new or changing skin lesions.

INSTRUCTIONS:

1. _____
2. _____

For more information please visit our website: www.pennstatehershey.org/web/dermatology/home and click on Health Information Library.

If you have any questions or concerns, please contact your provider at the location you were treated.
Hershey Medical Center, UPC I, Suite 100 (717) 531-6820 or Nyes Road, (717) 657-4045.
Penn State Hershey Medical Group, Colonnade Building (814)272-4445.

