



Dr. McGoey's Gentle Skin Care Handout

- Take warm showers/baths, not hot
- Use Dove bar soap for sensitive skin
- Pat dry and immediately moisturize your entire body with one of the following creams:
  - CeraVe Moisturizing Cream**
  - Aveeno Skin Relief Moisture Repair Cream
  - Aveeno Eczema Therapy Moisturizing Cream
  - Aveeno Baby Eczema Therapy Moisturizing Cream
- You should moisturize at least twice a day
- Use All Free and Clear laundry detergent to wash your clothes (specifically the brand "All")
- Do not use dryer sheets or wool balls. If anyone in your household uses dryer sheets, wipe out the inside of the dryer with a wet paper towel before you dry your clothes. It is okay to use rubber balls.