



# Allergy & Dermatology

s p e c i a l i s t s

## Bathing Procedures

Shower or bathe in lukewarm or comfortable water. Decrease the use of soap limiting it to under the arms, hairy areas of the chest, under the breast, genital/rectal area and feet between the toes. Soap of your choice may be used in those areas.

If there is a tendency toward dryness over the face use a lipid free skin cleanser such as: Cetaphil, Moisturelle or Aquanil.

Within three to five minutes of showering or bathing, dry and apply a moisturizer of your choice. Eucerin lotion has proved to be a very good moisturizer. The lotion is more easily applied than the cream. These products are sold over the counter at Costco, Wal-Mart and Walgreens.