



SAINT LOUIS  
UNIVERSITY

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## Inflammatory Skin Disease Treatment

1. Take frequent short baths (5-10 minutes) to relax, remove irritants, allergens and germs, and moisturize skin. Household bleach can help control overgrowth of germs. Add 1 tablespoon to a baby bath or ¼ cup to a big tub.
2. Use a liquid cleansing product sparingly to wash face, body and scalp. **Read product labels** to choose a gentle cleanser that does **not** contain **cocamidopropyl betaine** (ex: Cetaphil Cleansing Lotion, Aquanil, Aveeno Advanced Care Body Wash, Vanicream Bar, Lubrex, Loprox or Ionil shampoo.)
3. **Immediately** apply a liberal amount of moisturizer to the **entire** body. You may gently **pat skin dry** (do not rub!) or apply directly to damp skin. **Read product labels**. Use **only** simple products that **do not** contain fragrance, preservatives or other additives. Safe choices include: petroleum jelly, plain mineral oil, Elta® crème or Dermamist® spray.
4. Over the moisturizer, apply \_\_\_\_\_ to **RED, SCALY AREAS, 1 time a day on the body, every other day** on the **face, skin folds, scalp, diaper area for no more than** every day for \_\_\_ week(s), then every other day 15 days per month (with 15 "holiday" days per month)  
Rx: make sure you receive \_\_\_\_\_ tube(s) of medication containing \_\_\_\_\_ grams per tube.  
Home supply: \_\_\_\_\_ gm. Use no more than \_\_\_\_\_ gm of this medication per month.
5. To maintain clear skin, use \_\_\_\_\_ (Rx \_\_\_ tubes, \_\_\_\_\_ gm/tube, \_\_\_ RF)  
Home supply \_\_\_\_\_ gm. Use no more than \_\_\_\_\_ gm of this medication per month.
6. Keep nails trimmed, avoid overheating and avoid exposure to complex topical products, including creams or lotions, diaper wipes, dryer sheets and fabric softener. Wash new clothing before wearing.

### ADDITIONAL INSTRUCTIONS

Antihistamine \_\_\_\_\_  
 Apply mupirocin twice a day for 5 days to nostrils, skin folds & anal area. Repeat every \_\_\_ mo.  
 Scalp Care \_\_\_\_\_  
 Probiotics (Culturelle, Align) \_\_\_\_\_

Physician \_\_\_\_\_ Date \_\_\_\_\_

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**BRING IN ALL YOUR MEDICATIONS AT EVERY VISIT.**

Followup \_\_\_\_\_

Questions? Call 314-268-2700 43457

