



CHOOSING MOISTURIZERS & CLEANSERS FOR ECZEMA

HYDRATING THE SKIN is perhaps the most important step you can take in managing eczema. This is done through the 'soak and seal' method. Soak for 10 minutes in a warm bath of fresh water, and use a gentle cleanser (not soap) only on areas that require cleaning (such as arm pits, groin, etc). After gently towelling off excess water, seal damp skin with the moisturizer of your choice.



Accepted · Accepté

www.eczemahelp.ca

WHAT IS THE BEST MOISTURIZER AND CLEANSER FOR ECZEMA?

The ESC seal of acceptance products undergo rigorous review, and are considered suitable choices for people with eczema. Not all products that are reviewed are awarded the seal. The products with the ESC seal are also free from common known irritants, and contain additional beneficial ingredients.

Look for these eczema products that have earned the Seal of Acceptance:

MOISTURIZERS

- A-Derma® EXOMEGA Emollient Balm
- Aveeno® Eczema Care Moisturizing Cream
- Aveeno® Baby Eczema Care Moisturizing Cream
- BIODERMA® Atoderm PP Balm
- Cetaphil® RESTORADERM® Replenishing Moisturizer
- CeraVe® Moisturizing Cream
- GlaxalBase® Moisturizing Cream
- La Roche Posay® Lipikar Baume AP
- POLYSPORIN® ECZEMA ESSENTIALS™ Daily Moisturizing Cream
- Spectro® E-Care Intense Rehydrating Cream
- Spectro® Kids E-Care Intense Moisturizing Cream

CLEANSERS

- Aveeno® Eczema Care Body Wash
- Aveeno® Baby Eczema Care Body Wash
- Cetaphil® RESTORADERM® Nourishing Body Wash
- POLYSPORIN® ECZEMA ESSENTIALS™ Daily Body Wash
- Spectro® Kids E-Care Moisturizing Body Wash

Guide to Choosing a **MOISTURIZER**

LOOK FOR PRODUCTS THAT:

1. Have a thick creamy consistency. Oils and thin lotions evaporate too quickly from the skin and do not provide an adequate barrier to seal the skin. Our Seal of Acceptance products are all good choices.
2. Fit your budget. Expensive is not necessarily better.
3. You tolerate and will actually use! Choose a moisturizer that feels good on your skin. The best moisturizer is one that you will actually apply regularly.

MOISTURIZING TIPS

- Apply your moisturizer after every bath, shower, or contact with water, such as hand washing.
- Apply your moisturizer at least twice daily, or as directed by your physician.
- Apply moisturizer in gentle strokes in the same direction as hair growth.
- Do not use soap! Use a gentle cleanser formulated for eczema.
- There is no need to scrub your skin, or wash your entire body with cleanser at every bath. Use the cleanser on areas that need cleansing, such as the arm pits, groin and backside area.
- Store some moisturizer in the refrigerator for a cooling application during a flare up.
- Dry skin is itchy skin! Keeping hydrated will reduce itch, which will reduce scratching, which in turn will help prevent additional inflammation and redness.



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FOR MORE INFORMATION CONTACT ESC AT:

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