

THE DO's AND DON'T's of Rashes



DO try an antihistamine like *Benadryl*[®] (diphenhydramine) or a generic version at night time if itching is keeping you from sleeping.



DO try an oatmeal bath product, such as *AVEENO*[®] (OR a generic version) Oilated Oatmeal to lukewarm water in the bathtub, and soak for a little while.



DO try a gentle body wash similar to *Dove*[®] (or generic version) in the shower.



DO try applying an over-the-counter 1% hydrocortisone cream/ointment twice a day (preferably after a bath or shower) for at least 4-5 days in a row.



DO try applying a good moisturizer (choose a cream, oil, or petrolatum-based product) to the rash. One good brand is *Aquaphor*[®] Advanced Therapy Healing Ointment.



Do clean open wounds with a gentle cleanser, such as *Cetaphil*[®] Gentle Skin Cleanser, and water.



DO visit your primary care physician or dermatologist. An accurate diagnosis is essential for effective rash treatment.



DON'T use rubbing alcohol on skin. It does not help healing, does not kill infectious bacteria; it stings, dries the skin and makes rashes like eczema worse.



DON'T use bar soap because it can dry skin.



DON'T clean open wounds with hydrogen peroxide or bleach. Irritation from these can impede healing.



DON'T use light lotions. They spread easily but do not provide much needed moisture compared to cream, oil, or petrolatum-based products.



DON'T use a triple-antibiotic ointment similar to *NEOSPORIN*[®]. It doesn't kill the staph and strep that cause skin infections, and may cause an allergic contact dermatitis due to one of the ingredients.



DON'T put off seeing your primary physician or dermatologist for an accurate diagnosis.