

BARRIER care PRESCRIPTION (BRING TO ANY PHARMACY)

1. Maintenance/moisturize every day Preventive Care GENERAL INFORMATION:

- Stop all soaps, apply only to smelly areas
- Avoid liquid soaps
- Avoid fragrances
- Minimize dust in the bedroom (dust cover on pillow, remove carpets, books, etc)
- INSTEAD of scratching and rubbing APPLY ice packs or cold compresses to treat itch
- Avoid makeup
- Apply thick layers of moisturizing cream or ointment:

- Ceramide-containing cream 450g AND/OR
- ointment 450g

Apply moisturizer to whole body (30g per application) twice per day, x 1mo, Rx12

2. Active disease Prescription:

- **BODY:** _____ APPLY TWICE PER DAY TO ALL RED, ROUGH, ITCHY SKIN (not on face or genitals) X 3WEEKS, ONE WEEK OFF; THEN REPEAT X 12MONTHS
- **FACE and/or GENITAL:** _____ Apply twice per day to red/rough/itchy skin until resolved, then use 2-3 per week to areas that recur 1mo Rx12

3. Secondary problems: Treatment of bacterial overgrowth (yellow, oozing, crusted areas)

- _____ apply twice per day to all open, yellow, oozing areas and keep these areas covered with a dressing until healed, use as needed for five days, repeat as needed, x 1month, RX12mo