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1. Use long-handled brushes for dishwashing and for cleaning pots and pans.
Use brushes in place of rubber gloves when possible.
2. Heating and sweating inside a rubber glove is bad for your hands. White cotton gloves (Dermal Gloves) must be worn inside the rubber gloves and should be dusted with cornstarch.
3. Do not wear rubber gloves more than ½ hour at a time. Do not put your hands in very hot water when wearing rubber gloves. Wear loose fitting rubber gloves.
4. Bathe babies with bare hands with mild non-irritating soaps (ex. Dove sensitive).
5. Handling dirty diapers (which contains ammonia from urine) may irritate hands.
Pick up diapers with tongs.
6. Wear cotton gloves while doing dusty, dirty housework.
7. Avoid contact of hands with fruit juices, fruits, vegetables, and raw meats.
8. Avoid wool, nylons, and synthetics which cause itching and irritation.
9. Avoid exposure of the hands to hair preparations and lotions.
10. Avoid contact with detergents and bleaches.
11. Avoid household cleaners on the hands including waterless hand cleaners (ex. Purel).
12. Avoid prolonged or frequent washing of the skin. Gently pat the skin dry.
Avoid vigorous rubbing.
13. Use the mildest soap (Dove, Dial, Purpose, Avenobar, Lowilla, Oilatum). Avoid the use of Zest, Coast, Irish Spring, and Safeguard soaps. Gently rinse off the hands after washing.
14. Use of **waterless cleansers**, such as Aquanil, Cetaphil, and CeraVe is preferable to soap and water. Wipe hands off with a soft cloth or tissue without lotion.
15. Apply CeraVe **or** Restoraderm moisturizers after washing hands with the Cetaphil Cleanser. Then apply Intensive hand Cream (**sold in our office**) to seal in the moisture. The hand creams may be used more frequently, up to four times per hour if dryness persists.
16. Occlusive co-polymer plastic gloves may be used over the cortisone cream or ointment day and night to prevent dryness if necessary. **NEVER USE LATEX GLOVES.**