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HAND DERMATITIS

Hand Dermatitis (hand eczema) is a common problem, resulting from a combination of (1) sensitive skin and (2) irritation from or allergy to materials touched. Although it tends to be a chronic condition, it can generally be well controlled when properly treated. Unfortunately, when the hands come in contact with certain irritating substances the rash may recur. Therefore, skin protection is an extremely important part of treatment. This instruction sheet gives you detailed directions on how to protect and treat your hands.

1. Avoid direct contact with household cleaning agents such as soaps, detergents, scouring powders, cleansers, ammonia and bleach by wearing cotton gloves next to your skin and waterproof, heavy duty vinyl gloves on the outside. These both can be purchased from the pharmacy or ordered from Allerderm.com
2. To protect the hands while cleaning, cooking, etc. wear white cotton cosmetic gloves with separate heavy duty vinyl gloves over them. Use the largest size vinyl gloves you can find so that air can circulate freely. It is important that the vinyl not contact the skin directly. Try not to wear the gloves longer than 30 minutes at a time since heat and sweat inside the gloves is almost as irritating as soap and water. Use a dishwasher or soak dishes in hot soapy water for 30 minutes and allow to cool before washing. Make use of long handled brushes whenever possible to keep glove wearing time to a minimum. Do your laundry by machine, not by hand.
3. Wear gloves while peeling and squeezing lemons, oranges or grapefruit, peeling potatoes, handling tomatoes, onions and garlic. Also avoid hand contact with fruit juices, and raw meat.
4. Avoid direct contact with solvents such as gasoline, acetone, nail polish remover, stain removers, turpentine, paints, paint thinner, polish for floors, furniture, metal and shoes. They contain irritating substances.
5. Try to avoid direct contact with shampoo, hair lotion, hair cream, or hair dyes. Use vinyl gloves when applying these agents.
6. Wear cotton or leather gloves when doing dry work and gardening. Dirty your gloves, not your hands. If you keep house for your family, scatter several pairs of cheap cotton gloves about your home and

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use them while doing dry housework. When they get dirty, put them in the washing machine. Wash your gloves, not your hands.

7. Rings often worsen dermatitis by trapping irritating materials, such as soap, beneath them. Remove your rings while doing housework and before washing your hands.
8. You should have enough gloves so that the insides of the gloves can dry between each wearing. If the inside of the glove gets wet, take it off immediately. If a hole develops in the glove, throw it away.
9. When washing your hands, use lukewarm water and mild soap. Rinse the soap off thoroughly and dry gently. Remember to dry in between the fingers and under rings. All soaps maybe irritating; if possible avoid or decrease hand washing, and try to use soap and water substitutes

or simple soaps without perfumes and antiseptics.

10. During the day apply a lubricating cream _____
to your hands as often as desired particularly after each hand washing. Apply it several times per day!
11. You will be given a medicated cream _____
specifically designed to reduce the inflammation and irritation of your skin. Use it sparingly but frequently on the involved skin only. Avoid getting the medication on normal skin as it can cause thinning of the skin. Once the skin is healed, discontinue the cream.
12. Can apply the medicated cream at bedtime, after soaking for 5 minutes with lukewarm water with _____,
and cover with Vaseline and wear cotton gloves for _____
_____ nights. Then can do this _____
_____ nights/week as maintenance as needed.
13. Use only the prescribed medicines and lubricants. DO NOT USE ANY OTHER CREAMS, LOTIONS OR OINTMENTS.
14. If you have any questions, please contact us.