



SAINT LOUIS
UNIVERSITY

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Safe Products

Many things that touch sensitive skin can cause irritation or an allergic rash. It's easy to identify the cause of an irritant rash because it appears immediately. Household cleansers, for example, irritate even normal skin. The cause of an allergic rash is more difficult to identify because it does not appear until 1-5 days after touching the offending product, and can last for 3 weeks or more. The safest, most cost-effective and most important way to protect sensitive skin is to use safe products that do not contain irritants and allergens. Find the safest products by carefully reading the back label to identify the active and inactive ingredients. Do not use products that fail to provide this information. Some of the products listed below are not stocked by large retailers, but may be purchased on-line.

- **Face and Body Wash:** Cetaphil Gentle Cleansing Lotion, Aquanil Lotion, Vanicream bar soap, Aveeno Eczema Care Body Wash, Lubrex; Loprox or Ionil shampoo. *Avoid* cocamidopropyl betaine. Be aware that "unscented" does not mean "fragrance free".
- **Shampoo:** Free and Clear, Loprox. *Avoid* cocamidopropyl betaine.
- **Conditioner:** Free and Clear
- **Moisturizer/Lip Balm:** Generic petroleum jelly or mineral oil, Elta crème; read the label carefully to make sure there is no fragrance. Dermamist is a mineral product in a spray bottle.
- **Anti-itch:** Aveeno Anti Itch cream or Prax lotion contain pramoxine, a non-allergenic medication that will temporarily numb the skin. *Avoid* creams that contain diphenhydramine. Products that contain menthol, phenol or camphor will sting. Store the medication in the refrigerator and apply it cold for a more soothing effect. An antihistamine taken by mouth (e.g. Benadryl) can help some children sleep. However, antihistamines cause some children to become agitated.
- **Diapers:** Seventh Generation, White Cloud and Tushies do not contain fragrance or latex.
- **Diaper Rash:** Generic preservative-free 20-25% zinc oxide ointment is inexpensive, but can be hard-to-find. The active ingredient is 20-40% zinc oxide. The inactive ingredients should be only: paraffin, petrolatum and/or mineral oil.
- **Insect Repellant:** Apply 0.5% permethrin spray such as Repel Permanone, Buzz Off, Sawyer Clothing Spray to clothing (not skin). Permethrin bonds to the cloth fiber for up to 6 weeks even after laundering.
- **Sunscreen:** Wear hats and sun protective clothing made of tightly woven, lightweight fabric such as Coolibar and Solumbra, or Hanes "Beefy -T" shirts; use preservative-free zinc oxide ointment as a sunscreen.
- **Deodorant/Antiperspirant:** Almay Hypo-Allergenic Fragrance Free Roll On, Stiefel B-Drier, Mitchum Roll-On Unscented; Crystal Roll-On Body Deodorant for Sensitive Skin, Secret Soft Solid Platinum Deodorant Unscented, Certain Dri Antiperspirant
- **Wound Care:** Cleanse with dilute bleach (1 tablespoon per quart of water), apply petroleum jelly, cover with a non-stick gauze pad such as Telfa, secured with roll gauze or a cotton knit sleeve. *Avoid* triple antibiotic ointments such as Neosporine and products with adhesives such as Band Aids and tape, or Liquid Band Aid that contains a super glue like chemical. Use silicone-based dressings such as Mepitel or pectin-based products such as Duoderm Thin
- **Accessories:** plastic belt buckles, plastic jewelry on satin cords, silicone backs for pierced earrings
- **Clothing:** Wash new clothing before wearing. *Avoid* fabric softeners. Choose soft fabrics, drawstring instead of elastic, buttons rather than metal snaps, and light colors. The safest footwear is white canvas rather than rubber or leather.