



Skin Care and Over-the-Counter Skin Products

Office Phone: 540-885-4500

Call Brittany (Extension 108) if you have any problems with your prescription medicine affordability.

If you have difficulty finding a product, please try www.amazon.com, www.aveeno.com, www.neutrogena.com, www.cerave.com, eltamd.com, www.laroche-posay.us/, www.cetaphil.com/us/, www.vanicream.com, or www.olay.com. For DML/DHS/Aquanil/Solbar products, please go to www.personandcovey.com.

To avoid skin cancer and photoaging, the American Academy of Dermatology recommends that you only use sunscreens labeled as protective against both UVA and UVB ultraviolet light, have an SPF rating of at least 30 and be water resistant. Sunscreens should be applied to all exposed skin **every day of the year, no matter the weather or season**. If you have oily skin, try any sunscreen that is labeled “gel” or “oil free liquid.” Sunscreen sticks (Neutrogena, Aveeno, Cetaphil, EltaMD) are a good option if you do not like greasy creams. Apply sunscreen 20 minutes before sun exposure so it dries on your skin before outdoor light exposure. Reapply every 2 hours. If sensitive skin, use “mineral” sunscreens with “**titanium dioxide**” and/or “**zinc oxide**.” The sunblock line of TIZO (www.tizoskin.com) is a good example of this. Protect the lips with a sun block/screen or a Chap Stick with SPF and reapply throughout the day. Sunless tanning lotions do NOT provide protection from the sun, unless they contain SPF. If using sunscreen spray on hairy areas, place nozzle directly on the skin so it is dispensed as a liquid.

Wear a wide brimmed hat to cover ears and neck (www.tilley.com). Wear polarized sunglasses – sunlight on eyes can cause melanoma and cataracts, and eyelid skin cancers. **Avoid tanning beds!** People who use tanning beds have a 75% increased risk of developing melanoma, a 2.5 times greater risk of developing squamous cell carcinoma and a 1.5 times greater risk of developing basal cell carcinoma. Like sunlight, tanning beds also accelerate skin aging. **The American Academy of Dermatology recommends that an adequate amount of vitamin D should be obtained through a healthy diet that includes foods naturally rich in vitamin D, foods/beverages fortified with vitamin D, and/or vitamin D supplements.** Vitamin D should **NOT** be obtained from unprotected exposure to sunlight. Your doctor can order a blood test that measures your vitamin D level if you are concerned that you are not getting enough vitamin D.

Dry Skin Care: Shower in warm (not hot) water for a short period, not more than once per day. Use a non-soap acidic cleanser (see below). Pat dry and within 3 minutes of exiting the shower, apply a moisturizing cream or ointment (**not lotion/oils/butters**). The skin is an acidic organ and so you want to avoid soap, which is an alkali.

Non-Soap Acidic Body Cleansers:

Bar Form – Aveeno Moisturizing Bar, Dove Sensitive Skin Unscented Bar, Cetaphil Gentle Cleansing Bar, Cerave Hydrating Cleansing Bar, Vanicream Cleansing Bar

Liquid Form – Aveeno Daily Moisturizing Body Wash, Dove Sensitive Skin Liquid, Cetaphil Daily Skin Cleanser, Purpose, Aquanil Cleansing Lotion, Lipikar AP+ Wash, Spectrojel, Cerave Hydrating Body Wash, Oil of Olay, Impruv, Neutrogena Ultra Gentle Hydrating Cleanser, Vanicream Body Wash.

Facial Cleansers:

La Roche Posay Toleriane Hydrating Gentle Cleanser, La Roche Posay Toleriane Purifying Foaming Cleanser, CeraVe Hydrating Facial Cleanser, CeraVe Hydrating Cream to Foam Cleanser, CeraVe Foaming Facial Cleanser

Moisturizing Body Creams: Do not use lotions, oils, or butters. Apply every 12 hours.

Aveeno Skin Relief (or Oat Repairing) Cream, Cerave Renewing SA Cream, La Roche Posay Lipikar AP+M Cream, Cetaphil Moisturizing Cream, Eucerin Calming Cream, DML Forte Cream, Acid Mantle Cream, Udderly Smooth Body Cream, Gold Bond Ultimate Healing Concentrated Therapy Cream, Vanicream Moisturizing Cream, Elta MD Skin Restore Cream.

Moisturizing Ointments: Greasy, good for bedtime use.

Cerave Healing Ointment, Aquaphor Healing Ointment (generic – CVS Hydrating Healing Ointment).

For very itchy skin, follow the directions above for dry skin **PLUS** use a product with the cooling agents **menthol and camphor** (Sarna Ultra Cream, Original or Sensitive Skin Lotion, Amish Origins Deep Penetrating Ointment, Neutrogena Soothing Relief Anti-Itchy moisturizer, Aveeno Anti-Itch Cream, Eucerin Calming Anti-Itch Lotion), **AS WELL AS** a product with the mild numbing agent **pramoxine** (Cerave Itch Relief cream).

Moisturizing Hand Creams (Use after every hand washing):

Aveeno Intense Relief Hand Cream, CeraVe Therapeutic Hand Cream, Cetaphil Hand Cream, O’Keeffe’s “Working Hands” Cream; Oil of Olay Quench Hand Cream, Eucerin Plus Intensive Hand Cream, Curel Hand Cream, Neutrogena Hand Cream, Gold Bond Healing Hand Cream.

Moisturizing Daytime Face Creams:

For women (365 days a year): Aveeno Positively Radiant SPF 30 or Positively Ageless SPF 42, CeraVe AM Facial Moisturizing Lotion SPF30, Cetaphil Defense SPF 50, La Roche Posay Double Repair Face Moisturizer SPF 30, Neutrogena Healthy Defense SPF 45, Oil of Olay Regenerist Facial Lotion SPF 50, DML Facial Moisturizer SPF 25.

For men (365 days a year; available in your store’s Shaving Section or through www.amazon.com): L’Oreal Men Expert After Shave Balm SPF 15, Neutrogena Men Age Fighter Moisturizer SPF 15, Dove Men Care Face Lotion SPF 15.

Facial Night Creams:

Aveeno Positively Ageless Cream, EltaMD PM Restore Moisturizer, CeraVe PM Facial Moisturizing Lotion, La Roche Posay Toleriane Double Repair Face Moisturizer, Neutrogena Hydro Boost Water Cream or Gel, Olay Regenerist Night Sculpting Cream, Neutrogena’s and Oil of Olay’s Retinol Lines.

Using a Prescription Retinoid Cream: At bedtime, cleanse face with a non-soap cleanser, pat dry, apply a **non-retinoid moisturizing cream** and let it dry (just long enough to brush and floss your teeth!). Apply pea-sized amount of the retinoid to the entire face and rub it all over. May reapply moisturizer if desired. Skin will get dry and peeling in the first few weeks until the skin gets used to the retinoid. Acne will get worse before it gets better if not on an oral antibiotic.

For Keratosis Pilaris: AmLactin 12 Cream, CeraVe SA Cream for Rough and Bumpy Skin, Carmol 10 or 20, Acid Mantle Cream,

For special skin problems ((cleansers and moisturizers):

Rosacea – Aveeno Calm and Restore Line, Eucerin Redness Relief Line, Cetaphil Redness Relieving Line, Clinique’s Redness Solution Line

Acne -Neutrogena’s Acne Lines (Oil Free/Acne Prone/Stubborn/Rapid Clear/Clear Pore/Clear Face); Clinique Acne Solutions Line, Cetaphil’s Acne Clear Line, Cerave Acne Control and Acne Foaming Lines, La Roche Posay Effaclar Line

Shampoos for Seborrheic Dermatitis/Flaking Scalp/Facial “T-Zone” Scale/Scaling Ears:

Pyrithione zinc – Head & Shoulders, Denorex, DHS Zinc, ZNP Bar.

Selenium sulfide – Head & Shoulders Intensive Treatment (dark blue bottles), Selsun Blue.

Coal Tar – DHS Tar Shampoo (coal tar on scalp can make scalp sun sensitive).

Salicylic Acid – Neutrogena T/Sal Shampoo, DHS Sal Shampoo.

Conditioner after shampooing with any of the above – Head & Shoulders Conditioner

Hypo-allergenic/Hypo-irritant Products:

Facial Moisturizer: La Roche Posay Toleriane Dermallergo

Deodorant – Secret Gentle Care Unscented, Dove Sensitive Skin Deodorant, Almay Clear Gel, Lumē.

Sunscreen – Neutrogena Sensitive Skin Sunblock, EltaMD Tinted Physical Block, Vanicream Sunscreen, Blue Lizard Sensitive Mineral Sunscreen.

Makeup – Almay, Bare Minerals, Mineral Fusion, Colorescience

Shaving gel – Aveeno Ultra Calming Shave Gel, Neutrogena Triple Protect Gel, Nivea Sensitive Skin Gel, Tend Skin Shave Gel, Bump Fighter Shaving Gel.

To treat “shave burn” – Aquanil HC Lotion.

Also, the entire Vanicream product line (vanicream.com)

Nail and Hair Health Products: Elon products (www.elonessentials.com).

Hair Loss: Minoxidil 5% lotion or foam (Rogaine Extra-Strength) twice daily, okay for women to use if kept off face and not used if pregnant or nursing.

Scars: Silicone sheets, such as **Scar Away**, to thin out thick scars (in band-aid section or online); Mederma Cream for moisturizing the scars.

**For more information on your skin/hair/nails go to the American Academy of Dermatology's website at www.aad.org/public.
Moving? Consider using the "Find a Dermatologist" link on the AAD's website.**