

## Instructions for Hand Care

### Eczema

1. Wash hands as infrequently as possible. Ideally soap should be avoided and hands simply washed in lukewarm water. If you do use soap, use it sparingly and avoid soaps with perfume, tar, or sulphur. Dry your hands carefully with a clean towel.
2. Shampooing, dyeing hair, applying hair lotion, etc. should all be done with plastic gloves when doing housework.
3. Avoid direct contact with household cleaners and detergents. Wear cotton or plastic gloves when doing housework.
4. Avoid exposing hands to known irritants (i.e. handling fresh fruits, vegetables, fresh meat, wool etc.). Wear warm gloves in cold weather.
5. Use plastic rather than rubber gloves (rubber can further aggravate hand dermatitis). It is best to wear white cotton gloves under the plastic gloves. Several pairs of cotton gloves should be purchased so they could be changed frequently. So not wear plastic gloves for more than 20 minutes at a time.
6. Remember to follow the above instructions for 4-6 months after the hands have healed.

