

NORTH BALTIMORE
DERMATOLOGY



ADVANCED DERMATOLOGY
BEL AIR • HUNT VALLEY • TOWSON

ADVANCED DERMATOLOGY BEL AIR

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General Laundry and Bathing Instructions

1. Use any variety of “Free” detergent (Cheer-Free, Tide-Free, etc.) to wash clothing and linens. These products are both dye and preservative free.
2. Avoid fabric softener dryer sheets. These can leave residue on clothing and linens that be can be very irritating to the skin. If you must use a fabric softener, use a liquid one for sensitive skin in the washer.
3. Take showers instead of baths. Use a mild cleanser to bathe with. Our recommendations are fragrance-free Dove soap, CeraVe or Cetaphil.
4. Use a good moisturizer such as CeraVe, Cetaphil, Eucerin, or Lubriderm cream. Be sure to get the cream, not the lotion – creams are usually thicker and more moisturizing. These moisturizers can be found at several places including Target, Wal-Mart, Walgreens, etc.