

Sensitive Skin Care

If you have sensitive skin, you should avoid harsh products and choose those that are mild on the skin.

MEDICAL, SURGICAL AND
COSMETIC PROCEDURE
Fax 770-381-6451
www.myfamilyderm.com

Family Dermatology recommends the following brands and types of products:

- Laundry care: Use only detergents with no perfumes or dyes, such as Cheer Free, All Free or Dreft. Do not use Tide, Gain or Cheer. Do not use bleach, including color-safe bleaches. Avoid fabric softeners (liquid and sheets). Double rinse all clothes.
- Dish detergents: Use only products labeled “for sensitive skin.”
- Skin products: Choose products that are labeled “for sensitive skin.”
- Face wash: Good choices include Neutrogena Extra Gentle Cleanser, Purpose Gentle Wash, and Cetaphil.
- Body wash: Mild cleansers include Dove unscented soap, Basis soap and Aveeno soap.
- Body lotions: Recommended brands include Vaseline, Cetaphil, Eucerin, Aquaphor, Aveeno and Vanicream.
- Hair care: A good choice is Free and Clear shampoo and conditioner.