

To speed healing and prevent relapse of your eczema, you should remember:

## Handwashing

Use lukewarm water and, if possible, baby soap without any perfume, tar or sulphur. The soap should be used sparingly and the hands thoroughly rinsed. Dry carefully with a clean towel, not forgetting to dry between the fingers.

## Detergents

As far as possible, avoid direct contact with detergents according to the manufacturer's instructions, otherwise, they may well be too strong. Keep the packages clean to avoid irritation from detergent on the outside of packaging.

## Shampoo

Avoid direct contact with shampoo. Let someone else shampoo your hair, or use plastic gloves.

## Polishes

Avoid direct contact with metal polish, wax polish, shoe, floor, car, furniture and window polishes.

## Solvents and stain removers

Be careful not to get solvents and stain-removers such as white spirit, petrol, trichloroethylene, turpentine and thinners on the skin.

## Do not

- DO NOT peel or squeeze oranges, lemons or grapefruit with bare hands.
- DO NOT apply hair lotion, hair cream or hair dye with bare hands.

## Rings

Rings should not be worn during housework or other work even when the eczema has healed. They should be cleaned frequently on the inside with a brush and left in ammonia water (one tablespoon to 500mls water) overnight, then rinsed thoroughly. NEVER wash your hands with soap when wearing a ring.

## Washing up

Use running water if possible.

## Gloves

If gloves are used for washing dishes and clothes they should be plastic and NOT rubber since the latter often causes eczema. They should NOT be worn for more than 15 to 20 minutes at a time. If water happens to enter a glove, it must immediately be taken off.

Turn gloves inside out and rinse them under the hot water tap several times a week. Sprinkle the inside with talc before they are used again as they must be completely dry.



Cotton gloves can be used under the plastic ones. They should only be worn a few times before they are washed. Buy several pairs of plastic and cotton gloves at a time. (Plastic means PVC, NOT transparent polythene.)

- Wear GLOVES in cold water.
- Remember that the resistance of the skin is lowered for at least 4 or 5 months after eczema appears to be completely healed so continue to follow the instructions.
- Washing machines and dishwashers are the ideal way of preventing further attacks.

If you have any further questions, please do not hesitate to ask a member of staff.

email: [info@northerntrust.hscni.net](mailto:info@northerntrust.hscni.net)

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## Hand eczema