

Atopic Dermatitis: Product List

Note: These lists are suggestions for fragrance-free products.

- **Always** read ingredients on the label. Be sure that products are **fragrance-free**. Avoid products that have “fragrance” as one of the ingredients. Products that are unscented may still have fragrance added.
- Avoid products with added ingredients such as vitamin E, witch hazel, menthol, or acids.

These are some of the products that you could use. If you use other products, be sure to read the ingredient label.

Moisturizers: Use them two times a day, even if skin does not feel dry.

Ointments (Best)

- Aquaphor Healing Ointment®
- Petroleum Jelly®
- Vaseline®
- Petrolatum
- White petrolatum
- Vaniply Ointment

Creams (Good)

- CeraVe Moisturizing Cream
- Cetaphil® Moisturizing Cream
- Eucerin® Original Moisturizing Crème
- Aveeno® Eczema Therapy Moisturizing Cream
- Vanicream Cream®

Do not use **lotions**. They have alcohol and a lot of water in them.

Skin cleansers: Use only on areas that need to be cleaned.

- Dove® Sensitive Skin Beauty Bar
- Aveeno®: Skin Relief Body Wash
- Aquaphor Gentle Wash and Shampoo
- Vanicream® Cleansing Bar
- CeraVe Hydrating Cleanser
- Cetaphil® Gentle Skin Cleanser/ Gentle Cleansing Bar

Laundry detergent:

- All® Free Clear
- Tide® Free & Gentle Liquid
- Cheer® Free & Gentle
- Purex® Free & Clear
- Arm & Hammer® Perfume and Dye Free Liquid

Do not use Ivory® or Dreft® laundry soap. These both have fragrance in them.

Do not use fabric softeners. The liquid type and fabric sheets have fragrance in them.

ALERT: Call your child’s doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.