

## Eczema: Product Guide

### What Makes a Good Moisturizer?

- Products containing **ceramide** as an ingredient
- Thicker the better.
- Ceramide Moisturizers:
  - \*\* Eucerin COMPLETE REPAIR 48 hours
  - \*CeraVe moisturizing cream (cream thicker/better than lotion)
  - \*Cetaphil RESTORADERM Eczema Moisturizing Lotion
  - Goldbond ULTIMATE RESTORATION
  - Curel Exreme Care Intensive Lotion\*(ceramide is listed as Cetyl-PG Hydroxyethyl Palitamide)
- Good Non - Ceramaide Moisturizers
  - \*\*Avene CICALFATE Hands (but can use anywhere, good thick moisturizer, but expensive)
  - Vanicream – the **lotions only** are free of dyes, lanolin, fragrance, masking fragrance, protein, parabens and formaldehyde, available online at: <http://www.allergycanada.com/allergy-canada-products/personal-care-products.html>
  - Exederm (also no allergens, only available in the US, but can order online at [www.exederm.com](http://www.exederm.com))

### How About a Barrier Cream?

- \*\*Wellskin Barriere Cream: silicon based, easy to use and non-greasy, has mild fragrance and contains parabens
- \*Prevex Protectant Cream: petroleum based, no parabens nor fragrance, greasier
- Glysomed hand cream: silicon and petroleum based
- Herbacin hand cream is silicon and glycerin based, fragranced

### Hypoallergenic Household/Personal Care Products:

- Sunlight Sensitive Skin is fragrance free, dye free and hypoallergenic
- Exederm Allergen Free household products and personal care products (found online)
- Cliniderm Shampoo
- Cetaphil Gentle Cleanser and Avene Gentle Cleanser may be used as shampoos