

# Sensitive Skin Care

## SOAP

- Unscented Dove®
- Cetaphil®
- Eucerin®
- Aveeno®

## LOTION

- White, nonfragrant
- Cetaphil®
- Moisturel®
- Eucerin®
- Lubriderm®
- Aveeno®

## DETERGENT

- Tide Free®
- Cheer Free®
- All Free -n- Clear®

## FABRIC SOFTENER

- Downy Free®
- No dryer sheets (*not even free ones*)



As a barrier to drool, stool, etc. —  
surgeon's skin secret ([Jamarklabs.com](http://Jamarklabs.com))  
roll-up stick is great.

## Tips

- Don't take hot baths or showers
- Don't sit / soak / play in soapy water – instead, play then wash, rinse and out.
- No bubble baths
- Apply lotion while skin is still wet
- Vaseline® is a good barrier as well as moisturizer (apply to wet skin)
- Coconut oil is a good moisturizer.
- There is no substitute for drinking lots of water—moisten skin from the inside out.
- Use a humidifier when heat is on (use distilled water and clean unit frequently)
- All babies should be assumed to have sensitive skins – don't wait for a rash. It is normal to see patches of dry skin in random places on the baby's body, especially the legs.