

Wilson Dermatology & Skin Care
Specializing in diseases of the skin, hair, and nails.



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Board Certified Dermatologist



GENTLE SKIN CARE GUIDELINES

- Shower or Bathe only once per day.
- Showers should be 5-7 minutes in length (no more than 10 minutes).
- Do not use washcloths or poufs.
- Use lukewarm water.
- Use a gentle soap such as Dove. **Avoid Ivory, Lever, Irish Spring, Dial or others that are not formulated for sensitive skin.**
- After showering, pat skin lightly with a towel, then apply a generous palm full of moisturizers for moderately dry skin.
- Moisturizers should be applied to the skin within 2-3 minutes of washing.
- If you have been supplied medication for your rash you should apply moisturizer first as noted above, then apply medication on top of the moisturizer.
- Medications are **NOT** meant to replace moisturizers.