



Treatment for Facial Rashes Caused by Personal Products

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1. Gently wash face with water alone or Cetaphil cleanser.
2. Apply Vaseline Petroleum jelly if needed as moisturizer in the morning. If Vaseline feels too greasy, you may use Cetaphil cream if needed.
3. Apply your prescription medication at night and in the morning. You may apply the medication first, then apply cetaphil cream or Vaseline ointment over the medication.
4. Avoid all hair dye, make-up, moisturizing lotions, sunscreens, powders, perfumes, nail polish and/ or jewelry around the face, neck, and ears. If you are allergic to a product, you only have to touch it once a month to keep the rash active.
5. If the rash has completely cleared then stop the medication and wait two weeks.
6. You may restart one product at a time. Use it for two weeks and keep a diary, noting if the rash returns. Avoid products that cause a rash.