

Hill Center for Dermatology, PC

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GENERAL LAUNDRY AND BATHING INSTRUCTIONS

1. Use Cheer-free or Tide-free detergent to wash clothing and linens. These products are both dye and preservative free.
2. Avoid fabric softener dryer sheets. These can leave a residue on clothing and linens that can be very irritating to the skin. If you must use a fabric softener, use a liquid one for sensitive skin.
3. Double rinse all clothing and linens.
4. Use a mild cleanser to bathe with. Our recommendations are fragrance-free Dove soap or Cetaphil soap-free cleanser.
5. Avoid hot water for bathing.
6. After bathing use a soft towel to pat dry. Before skin can air dry, apply a moisturizer to the moist skin. Thicker moisturizers such as creams generally work better than oils or lotions.