

## Erythrodermic Protocol

This protocol is utilized for the treatment of severe psoriasis, atopic dermatitis, or other inflammatory skin condition. You should notice immediate improvement of inflammation within a few days of treatment.

### You will need (supplies):

Aveeno® Soothing Oatmeal Bath Treatment (available at drug stores)

Towels

Bathtub

Prescription topical steroid

### Instructions:

1. Soak for at least 15 minutes in a bathtub of luke-warm water with one packet Aveeno Oatmeal Bath Treatment.
2. After the bath, gently pat dry.
3. Apply ample amount of topical prescription medication to all affected areas.
4. Place a warm towel over the areas with medication and leave on for 10-15 minutes.
5. Take off the towel, then apply a thick emollient ointment such as petroleum jelly, Aquaphor, or Vaseline over affected areas.
6. Repeat above steps daily or several times a week as needed.
7. You can also do this at bedtime and sleep with long-sleeves and long pants, then rinse off in the morning.
8. Apply moisturizer liberally throughout the day.

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