

Hand Dermatitis

1. Hand dermatitis is a rash caused by frequent exposure of hands to irritants or water.
2. To reduce severity and recurrence of hand dermatitis, follow these instructions:
 - Limit handwashing as much as possible. If soap and water are required, use gentle soap without fragrance or perfume. Rinse soap thoroughly and dry completely with a towel.
 - Use kitchen gloves when washing dishes or doing housework.
 - Avoid direct contact with chemicals, household cleaning supplies, or other potential irritants. Wear gloves when possible.
 - Remove rings until the rash has resolved. Clean rings frequently inside and out.
3. Follow instructions for Lewis Technique if directed by your doctor.

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