

Caring for Eczema Hands

The best advice for those who have eczema on their hands is to keep hands well moisturized and do your best to avoid any skin irritants. This is not always a easy task, but avoiding irritants to the best of your ability will keep keep itchy, red, swollen, and cracked skin at bay.

Many

things in your home and workplace could serve to irritate the sensitive skin on your hands. Some of these include, but are not limited to, soap, detergents, cosmetic products, household cleaners, air fresheners or sprays, aftershave lotion, gasoline, turpentine, pain stripper, other solvents and a variety of chemicals. Skin is likely to break whenever you find yourself in close proximity to any of these substances. Having your hands in water too often and washing them excessively with soap is also discouraged as it can serve to dry your skin out ten times faster.

However, when you do wash your hands, always thoroughly dry them to include between the fingers. Make be certain that all soap residue has been rinsed before drying your hands.

Wearing a pair of vinyl or

plastic gloves that fit properly at work or at home whenever it is absolutely necessary for you to have your hands in and out of water is recommended. If you suspect but don t know for sure that a substance will irritate your skin then wear gloves to prevent any adverse results. The more you safeguard your hands the better. It is recommended that you wear a pair of thin cotton gloves under a pair of plastic gloves in order for the cotton gloves to soak up any sweating your hands do as a result of wearing gloves. Always take breaks to take off both pairs of gloves and give your hands a chance to breathe. This prevents a sweat buildup in the gloves which can trigger an eczema flare-up. It is helpful to wear a pair of regular gloves whenever you step outside during the winter months. The blustery wind, cold air and low humidity during the winter season can dry the hands out immensely, even on days when the temperature is moderate and the wind is absent.

It is imperative that you moisturize your skin

every day without fail, morning and before bed, regardless of what time of day you bathe. This includes your hands. Moisturizers keep the skin supple, hydrated, and crack-free, as well as keeping flare-ups at bay. Well-moisturized skin does not show signs of age as quickly. A very basic, no frills type of moisturizer is ideal. Avoid lotions and creams with alcohol or fragrance and choose one that is more greasy than creamy. Petroleum jelly is actually an excellent choice for hands, whether it is a brand name like Vaseline or a generic form. Another excellent eczema hand cream is Eucerin 5% Urea Hand Cream which has a light texture and is both fragrance and dye-free. This is a suitable every day moisturizer that decreases the tightness of skin that afflicts some eczema sufferers.