

### **SOAK & SMEAR INSTRUCTIONS**

Eczema and Psoriasis are chronic skin conditions that often respond well to topical treatments. *Soaking and Smearing* is a timeless treatment that can be very effective. This regimen may use a medication you have previously tried without much success. However, rest assured that this medicine is being used in an entirely different way that maximizes its effectiveness. Soaking and smearing can be messy and a little time consuming, but it will be well worth it when you see your condition improve.

1. Soaking and smearing is best done at night. Before bed. Soak in a bath (not a shower) in plain water for at least 20 minutes.
2. Get out of the tub and DO NOT dry yourself. Instead, immediately smear your prescription ointment or recommended moisturizer (i.e. Vaseline petroleum jelly, Eucerin cream, Aquaphor, etc) over all affected areas on your body.

The soaking allows water to enter into your skin and hydrate it. Immediate smearing of your medicated ointment or moisturizer then provides a barrier that forces the moisture to stay in your skin. Soaking also enables your skin to absorb the anti-inflammatory ingredients in your medicated ointment much more effectively.

3. After you have applied your medication or moisturizer, put on an old pair of long-sleeved pajamas and pajama pants. This will help keep the medication or moisturizer on your skin and off your sheets.
4. Continue steps 1 – 3 until your skin improves. Most patient typically continue this regimen for 4 nights to 2 weeks.