

### **SOAK & SMEAR INSTRUCTIONS FOR HANDS & FEET**

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 your hands and/or feet in a basin or tub of plain, warm water for at least 20 minutes.
2. Remove your hands or feet from the water and immediately smear your prescription ointment or recommended moisturizer (i.e. Vaseline petroleum jelly, Eucerin cream, Aquaphor, etc) over all affected areas.

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, for hands, put on a pair of white cotton gloves (similar to the ones worn at weddings and parades – these can be purchased at Walgreens and other drug stores; you can also refer to the “Products” portion of our webpage to view a photo or purchase them online). For feet, put on a pair of socks.

This will help keep the medication or moisturizer on your skin and off your sheets.

4. Continue steps 1 – 3 until your skin improves.

*\*\*\* It's important to note that repeated washing of your hands/feet can actually remove moisture and dry your skin as water evaporates from the surface. It's essential to re-moisturize your hands/feet after each wash. You can also try using alcohol-free moisturizing hand sanitizers (i.e. Gold Bond Ultimate Hand Sanitizing Moisturizer). Check out our “Products” page to learn more.*