



Oatmeal

Oatmeal baths help many skin conditions. AVEENO (and generic versions) is a colloidal oatmeal bath additive. It is available in a box of 8 packets. A packet is added to a bathtub of tepid water, and a teaspoon of baking soda can be added too for itching disorders. The water only needs to be changed once a day, with a little hot water added to make the temperature tepid again. Soaking for 20 minutes up to 4 times a day followed by application of medications is beneficial in many skin diseases. I particularly recommend Aveeno/baking soda baths followed by Calamine lotion for chickenpox. It dries up the rash faster and reduces the risk of scarring.

* Aveeno makes the bathtub very slippery. Please use a mat and use caution getting in and out of the tub.