

Seasons Allergy Clinic

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Good Skin Care

- Wash all new clothes before you wear them.
 - Wash all new sheets before sleeping on them.
 - Use fragrance-free mild laundry detergents:
 - Use **liquid** detergent.
 - Rinse clothes **twice**. Do **not** use fabric softener.
 - Wear loose-fitting cotton-blend clothing.
 - Keep fingernails short to prevent scratching.
 - Wear sunscreen and avoid sunburns.
 - Immediately after swimming or using a hot tub, take a bath or shower using mild soap (e.g., Dove).
 - Work and sleep in comfortable surroundings with a fairly constant temperature and humidity level. Sweating can cause itching.
 - Take at least one bath or shower per day. Use warm (not hot) water for at least 20 minutes.
 - Do **not** use a washcloth.
 - Gently pat dry and **immediately** (within 2–5 minutes), apply moisturizer or skin medication on damp skin. This helps seal in moisture and prevent dryness.
 - Do **not** apply moisturizer **over** the top of any prescribed skin medication.
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Recommended Moisturizers

1. Eucerin
 2. Vanicream
 3. Cetaphil Cream
 4. Aquaphor Cream
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Clinic Locations:

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Renton: 4033 Talbot Road S., Suite 540, Renton, WA 98055