

Table 25-2: Skin Care for People with HIV

Intervention	Rationale
<ul style="list-style-type: none"> Minimize shower or bath time; provide humidifiers 	<ul style="list-style-type: none"> Prevents drying of skin
<ul style="list-style-type: none"> Avoid hot water 	<ul style="list-style-type: none"> Prevents vasodilation, which exacerbates itching
<ul style="list-style-type: none"> Use gentle cleansers (Dove, Cetaphil, Eucerin, Neutrogena); avoid deodorant soap 	<ul style="list-style-type: none"> Prevents removal of skin's natural moisture; deodorant soap dehydrates skin
<ul style="list-style-type: none"> Minimize friction during cleansing and drying (avoid washcloth, pat skin dry) 	<ul style="list-style-type: none"> Prevents mechanical irritation
<ul style="list-style-type: none"> Apply water-soluble lotion and emollient after bath while the skin is still damp; apply again at bedtime (Aquaphor ointment, Aveeno lotion, Eucerin cream or lotion, Moisturel cream or lotion) 	<ul style="list-style-type: none"> Adds or helps to retain moisture
<ul style="list-style-type: none"> If above lotions are ineffective, use lactic acid, urea, or sodium lactate moisturizers (Amlactin 12%, Lac-Hydrin 10%) 	<ul style="list-style-type: none"> Adds or helps to retain moisture
<ul style="list-style-type: none"> Refrigerate topical creams and ointments 	<ul style="list-style-type: none"> Refrigeration produces cooling sensation, which has an antipruritic effect ¹
<ul style="list-style-type: none"> Encourage fluid intake, avoid or discourage alcohol and caffeine 	<ul style="list-style-type: none"> Maintains hydration of skin ¹
<ul style="list-style-type: none"> Avoid restrictive or nonabsorbent clothing 	<ul style="list-style-type: none"> Guards against mechanical stimulation
<ul style="list-style-type: none"> Keep fingernails short and smooth or wear cotton gloves 	<ul style="list-style-type: none"> Guards against breaking the skin while scratching
<ul style="list-style-type: none"> Wash hands frequently 	<ul style="list-style-type: none"> Prevents contamination of open areas
<ul style="list-style-type: none"> Use fragrance-free products vs. unscented agents 	<ul style="list-style-type: none"> Unscented products may contain fragrance-masking which elicit allergic responses in 50% of patients ¹
<ul style="list-style-type: none"> Avoid lanolin-based creams or ointments 	<ul style="list-style-type: none"> Produces a high rate of allergic response