



## SELF-MEDICATION

Not a good idea! Until it is possible to consult a dermatologist, there are some **dos** and **don'ts**.

1. While there are infections of the skin, such as folliculitis, impetigo, and secondarily infected dermatitides (eczema), not every skin condition has a bacterial infection. **Don't** scrub the skin with soap. It will irritate the skin.
2. Dermatitis skin (eczematized) is injured. **Don't** rub it with alcohol or hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>). These are irritants and often will aggravate the skin condition.
3. If there is itching, **do** take a bath with colloidal oatmeal (Aveeno®) or cornstarch. This will offer relief for several hours.
4. **Don't** panic. Applying a topical sensitizer, such as a dephylhydramine preparation, may create an allergic reaction.
5. Lotions and creams may lubricate skin that is scaling – scaling and dryness are two different conditions; however, there is the possibility of creating folliculitis. **Don't** apply them to everything.
6. Fungal infections of the skin do occur, but everything on the skin is not due to a dermatophyte (ringworm). **Don't** apply an antifungal cream without reason.
7. There are bacterial infections of the skin, but not every skin condition is a bacterial infection. **Don't** apply an antibacterial ointment without reason.
8. Aunt Mabel has a wonderful recipe for chocolate cake. Unless she took a residency in dermatology, she may not know about treating skin disease. **Don't** take her advice without checking.
9. A skin condition may be eliminated quite quickly. **Do** consult a dermatologist, instead of procrastinating.

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