

Rajani Katta MD

For more detailed handouts, see www.kattamd.com [Handouts Button]

CONTACT DERMATITIS ALTERNATIVES 2019

**Products are included here based on listed ingredients, and inclusion here is not an endorsement. I have no relationships with any listed manufacturers. Always shop with caution.

Skin care products

The products below are examples (there are multiple other options) of products that are free of: **Natural and synthetic fragrance additives, formaldehyde, lanolin, and methylchloroisothiazolinone.**

NOTE: These recommendations only apply for the exact products listed. Products that are the same brand and have a similar name may not be a safe choice. While we make every effort to provide up-to-date information, product formulations frequently change, so read labels and use caution.

NOTE: All products contain some potential allergens. Patch testing may be required.

NOTE: While these products have worked well for many of my patients, they are not appropriate for everyone. I have found that individuals may react very differently to the same exact product, so always use caution when using a new product. For those with sensitive skin, I recommend testing on the forearm twice daily for one week before using elsewhere.

The products below contain ingredients that are less common causes of allergy.

- BCL = benzalkonium chloride
- CPB = cocamidopropyl betaine
- IPBC = iodopropinyl butylcarbamate
- P = parabens
- PG = propylene glycol
- TR = trolamine
- V = Vitamin E

Facial and Body Cleansers

Eyelid cleansers:

- Albolene gentle cleanser

Liquid cleansers:

- Aveeno baby cleansing therapy wash fragrance-free
- Cetaphil gentle skin cleanser (liquid only) [P,PG]
- Cerave hydrating cleanser [P] and foaming cleanser [P,PG]
- Free and Clear liquid cleanser
- Neutrogena ultra gentle hydrating cleanser (creamy formula only)
- Vanicream gentle facial cleanser

Bar soaps:

- Aveeno fragrance-free bar soap
- Cerave hydrating cleanser bar
- Neutrogena fragrance-free bar soap [TR]
- Vanicream bar soap [PG]

Moisturizers (from less to more greasy)

- Cerave cream [P]
- Aveeno Eczema Therapy cream [BCL]
- Neutrogena Hydro Boost Gel Cream
- Neutrogena Hydro Boost Gel Cream for Extra Dry Skin
- Theraplex eczema therapy with oatmeal
- Neutrogena Norwegian Formula Hand Cream fragrance-free [P]
- Vanicream cream [PG]
- Cerave healing ointment [V]
- Theraplex emollient for severely dry skin
- Vaniply ointment
- Pure Vaseline petroleum jelly (no added fragrance or flavoring)

Hair Care

- DHS Sal with 3% salicylic acid for dandruff [CPB], DHS conditioner
- Free and Clear shampoo, Free and Clear conditioner [PG], Free and Clear styling gel, Free and Clear hairspray soft or firm hold (Free and Clear products available at some drugstores or 1-800-325-8232 or vanicream.com)
- Neutrogena T-sal shampoo for dandruff [CPB]
- Available online: see below for Cleure, and VMV Hypoallergenic options

Product Lines Available Online

- Aveeno Hypersensitive Skin Care: Tolerance Extreme Cleansing Lotion, Tolerance Extreme Cream
- Cleure Sensitive Skin: Glycerin face/body bar soap, face/body wash, face wash, shampoo hypoallergenic, conditioner for sensitive skin, styling gel, crystal stone deodorant
- VMV Hypoallergenic (212-217-2762): Essence skin-saving superwash hair and body shampoo, Essence skin-saving clark wash hair and body shampoo (can customize products based on allergen results, or choose from post-patch testing product line free of top 109 allergens)
- Vanicream (1-800-325-8232, www.vanicream.com)

Rajani Katta MD

For more detailed handouts, see www.kattamd.com [Handouts Button]

Sun Protection and Sunscreens

A sun protection plan may include sunblock, but always includes caution with sun exposure, along with sunglasses, hats, and clothing. The sunblocks listed below contain ONLY physical sunblock ingredients [zinc oxide and titanium dioxide].

- Cerave Baby Mineral Sunscreen Lotion SPF 45 [PG]
- EltaMD UV Physical broad-spectrum SPF 41 [IPBC]
- EltaMD UV Pure broad-spectrum SPF 47
- Neutrogena Healthy Defense Daily Moisturizer with Sunscreen PureScreen Sensitive Skin SPF 50 [BHT]
- Neutrogena Pure and Free Baby Sunblock Stick SPF 60 (stick only!)
- TIZO Ultra Zinc Body & Face Sunscreen Non-Tinted SPF 40 Broad Spectrum [TR]
- Vanicream Sunblock SPF 50+ (www.Vanicream.com or 1-800-325-8232)

Laundry detergent

- All Free and Clear
- Branch Basics
- Cheer Free
- Tide Free

Lip products

- Stop chapsticks (Burt's Bees, Blistex, Carmex, EOS, and all other lip balms)
- Stop chewing gum, mints, mouthwash
- Use only pure Vaseline petroleum jelly for lips (no fragrance or flavoring) or Vaniply Ointment
- For toothpaste, may use
 - Cleure Toothpaste for Sensitive Teeth
 - Pepsodent
 - VMV Hypoallergenics Essence Simple-Gentle Skin-Saving Toothpaste
 - Tom's of Maine Silly Strawberry Children's Fluoride-Free Toothpaste (this flavor only!)
- Lip balm with sun protection: Vanicream Lip Protectant/Sunscreen

Deodorant/Anti-Perspirant

- Almay roll-on deodorant (roll-on only)
- Crystal Body Deodorant Stick
- Crystal Roll-On Body Deodorant
- Vanicream Deodorant for Sensitive Skin (Aluminum Free)
- Vanicream Antiperspirant/Deodorant

- For stronger protection: CertainDri Clinical Strength Roll-On (may be irritating) or Drysol (may be irritating)

Hand Sanitizer

- Avagard fragrance-free by 3M

Shaving

- Vanicream shave gel
- May shave with Free and Clear shampoo

Wipes

- Sani-Hands Instant Hand Sanitizing Wipes [PG]
- Seventh Generation chlorine-free baby wipes [benzoic acid]

Other

- Cerave Itch Relief Moisturizing Lotion with 1% Pramoxine [isopropyl myristate, Vit E]

Cleaning Supplies

- Branch Basics (www.branchbasics.com)

Nickel

- Nickel test kit to detect the presence of nickel (does not harm objects): nickelsolution.com or allerderm.com
- Use a clear nail lacquer (from nickelsolution.com) to protect against leaching of nickel
- Ask jeweler to apply a coating (thicker than plating) of rhodium or platinum to protect against nickel in jewelry

Nickel allergy and jewelry

- Sterling silver and 18K yellow gold are usually OK
- Avoid most white gold (white color achieved by combining gold with either nickel or palladium)
- Always check with jeweler on alloys (even expensive titanium and platinum jewelry may be alloyed with nickel)

Formaldehyde-Free Clothing

- 100% polyester, 100% silk, or most 100% denim or cotton clothing

Detailed Handouts (see KattaMD.com)

- Hair Dye Alternatives
- Nickel in Jewelry
- Shoe Allergy
- Elimination Diets
- Other