



SOAKING AND GREASING

- SOAK in a bathtub or basin for approximately 5-10 minutes or up to 20 minutes if tolerated.
- If you are unable to tolerate the bathtub, you may proceed with greasing* immediately after a shower.
- Avoid hot water; use lukewarm water.
- Avoid harsh soaps such as liquid soaps, Zest & Irish Spring.
- Examples of acceptable mild soaps or cleansers are Dove, Eucerin, Cetaphil and Aveeno.
- Pat dry.
- Immediately apply the “grease”* recommended by your doctor. Applying the grease immediately after wetting the skin allows moisture to be “trapped” by the grease.

*The “grease” may be a steroid such as triamcinolone, hydrocortisone or clobetasol or a moisturizer such as Vaseline or Elta.