

Products to Bring In

It is best to bring everything but we **absolutely need** the following items if you have rash in the listed locations:

Face

- Make up
- Make up remover/wipes
- Facial cleansers
- Moisturizers
- Anti-aging cream
- Sunscreen
- Eyedrops
- Contact solution
- Hair products:
- Shampoo
- Conditioner
- Hairspray
- Hair dye
- Jewelry
- Eyelash curler
- Tweezers
- Glasses & Glasses Cleaner
- Nail polish
- Make-up applicators
- Goggles
- CPAP mask
- Ear buds/ear plugs/headphones
- Sleep mask
- Perfumes
- Essential oils
- Occupational exposures (if airborne: i.e. paints, etc)
- Treatments tried (prescribed, over-the-counter, or products used in home remedies)

If Mouth/Lip also include:

- Toothpaste
- Mouth wash
- Dental floss
- Orajel/topical anesthetics used
- Lipstick/chapstick
- Inhalers
- Retainers/mouth guards
- Candies/mints/gum

Hands

- Hand cleansers (home, work, and dish soap)
- Gloves (work, cleaning, gardening, recreational)
- Work and hobby exposures (oils, paints, wood, glues, tools, knitting & crochet hooks)
- Household cleaners (if suspicious of)
- Nail polishes
- Steering wheel cover
- Keyboard wrist pad and mousepad
- Moisturizers/Hand lotions
- Products applied via hands to others (children, pets)
- Jewelry (hands)
- Wet wipes
- Superglue/NuSkin if used on cracks
- Laundry detergent (if liquid)
- Treatments tried (prescribed, over-the-counter, or products used in home remedies)

Feet

- Moisturizers
- Antifungals or shoe sprays
- Shoes (including shoe inserts)
- Socks
- Ankle braces
- Treatments tried (prescribed, over-the-counter, or products used in home remedies)

Body

- Body wash (soaps or liquids)
- Body lotions/moisturizers
- Deodorant
- Shaving creams and razors
- Laundry detergents/fabric softeners
- Clothing (if suspicious of)
- Treatments tried (prescribed, over-the-counter, or products used in home remedies)

Anal/Vaginal/Genital

- Personal lubricants
- Douches
- Condoms
- Pads, tampons, and other products
- Wipes
- Underwear
- Treatments tried (including hemorrhoid creams and antifungal treatments)

Please bring anything that you have put directly on your rash (even once!) or are suspicious of!