

Derma tillomania & ECZEMA

Having Eczema with Skin Picking Disorder can be a huge challenge. The itchy, dry, rough, flakey, inflamed, & irritated skin” Eczema causes can act as a trigger for picking urges & episodes. Check out our tips below!

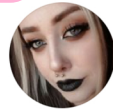
↳ Be aware of the ingredients in skincare products you're using to help prevent flare-ups, look for words like “hypoallergenic” & “sensitive skin” on the product's packaging.

☆ LOOK FOR ☆

- Hyaluronic Acid
- Glycerin
- Petrolatum
- Ceramides
- Colloidal Oatmeal

X AVOID X

- Fragrances
- Exfoliating Acids
- Retinol
- Harsh Soaps
- Propylene Glycol



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I love having eczema AND dermatillomania



↳ Regularly moisturize RIGHT after bathing or showering to protect your skin barrier. To avoid triggering hand-to-skin contact, use a lotion applicator or gloves. After moisturizing, have clothes ready to put on to avoid the urge to scan your skin for “imperfections.”

↳ Create a barrier to deter scratching and picking at flare-ups. Cover area with Aquaphor or Vaseline to keep it moist & wrap with bandages/gauze.

↳ Wear Eczema Honey Premium Cotton Gloves while doing daily tasks or sleeping. They can help prevent triggering scratching & picking, while protecting your hands from possible skin irritants.

↳ Opt for warm water instead of hot when showering/bathing to avoid drying out your skin & causing eczema flare-ups.



FACE & BODY CREAMS

- Sarna Original Anti-Itch Lotion
- CeraVe Moisturizing Cream
- Vanicream Moisturizing Cream
- Topicals Like Butter Body Mist



- La Roche-Posay Lipikar Eczema Cream
- First Aid Beauty Ultra Repair Face Moisturizer
- Glad Skin Eczema Cream

↳ If your scalp is prone to dry patches, use an eczema shampoo like Mustela Stelatopia Skin Foam Shampoo or Exederm Eczema and Dermatitis Shampoo to relieve triggering itchiness & minimize flakes.

↳ For eczema in/around the ears, apply a hydrocortisone, like Aveeno 1% Hydrocortisone Anti-Itch Cream, with a Q-tip. Wear headphones or hat to prevent from picking at flakes.



↳ Use a humidifier to combat skin-drying weather & dress in comfortable, smooth fabrics.

↳ Consult with a doctor or Dermatologist on options to help relieve your eczema. They may prescribe higher-strength topical ointments. Carefully follow instructions on using these ointments to prevent complications.

↳ Be kind to yourself! Eczema can be triggered by multiple factors, including stress. Focus on doing activities that make you happy & avoid known stressors. Keep fidget toys handy to keep your fingers busy or grab a Fiddle Pack at pickingme.org/shop.

↳ Follow #PickingMe on social media & check out pickingme.org for community stories & more tips. You're not alone & we're here for you!