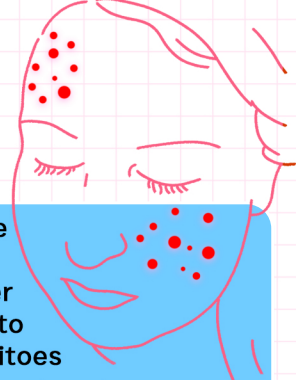


# Dermatillomania Mgmt Tips for Skin Care Providers

**PICKING  
ME**  
FOUNDATION  
pickingme.org



## Office Adjustments

### Layout

- Don't have wall to wall, huge mirrors which we constantly inspect skin in
- Move chair placement so sitting in it doesn't align face with a mirror

### Lighting

- Try dimmable lights to lessen brightness, a common trigger
- Use salt lamps, fairy lights, nightlights, when not examining skin

### Representation

- Hang Posters that include picked skin, scarred skin, and imperfect skin
- Set out info on skin picking disorder like our biz card, support group flyer, or mission statement

### Fidgets

- Keep fidgets on a tray in the waiting room with hand sanitizer
- Offer stress balls, putty, wacky tracks, Speks, pipe cleaners to twirl, in the exam room to fidget with

## Prep for/During the Appt

- Let us know if we need to come makeup free
- Offer to leave the door ajar when leaving the room so we don't feel tempted to pick with the bright lights, large mirrors, and isolation
- If need be, ask to remove makeup
- Remind to make a follow-up appt, to have accountability

## Practice Guidelines

- Be Familiar with Dermatillomania and Picking Me Foundation
- All staff knows about Skin Picking Disorder, including reception
- Update intake forms to include Skin Picking Disorder as an illness to treat
- Have website mention you offer Skin Picking Disorder treatment
- Have a therapist familiar with CBT ready to recommend

## Practice Actions

- Follow skin positive accounts like us on social
- Join our newsletter [pickingme.org/emailsingup](http://pickingme.org/emailsingup)
- Forward our newsletter to colleagues
- Offer #PickingMe fidgets, resources, & signage in office
- Email Lauren about being a PMF Dermatillomania approved practice

## Conversation

### Phrases/Questions:

- "Is your skin picking more mindless, automatic 'scanning' or locked-in on a perceived imperfection skin picking for hours 'focused'?"
- "Flare-ups or harder periods to manage skin picking are common as this is a chronic illness"
- Don't say it looks good or bad, comment on progress, ask how it's going
- "How are you limiting triggers like bright lights & mirrors?"
- "What area is most triggering you?"
- "Have you tried Picking Me Foundation's online support group?"

## Treatment

### Blockers

- Acrylics, guitar finger covers, or finger cots
- Mouth guard, gum, tooth pick, or sunflower seeds
- Cotton, silicone, fluffy, satin, fingerless or driving gloves
- Shower cap, hoodie, beanie, swim cap, headband, wig, or headphones
- Turtleneck, scarf, bow tie, necklaces, bib, or gator
- Elbow brace, weighted blanket, or white pajamas

### Body Care to Try

- Frequent hand/nail washing with nail brush
- File nails
- Occlusives
- Dry brushing
- Hydrocolloid patches
- Icing
- Shower gloves
- Cuticle oil
- Silicone socks

### Alerts

- Wear jingly bracelets to track where hands are
- Spray unique scents on wrists to realize when hands are on face
- Set a kitchen timer or alarm clock during bathroom use
- Make a special playlist and when it ends you get out of the shower
- Run water when in bathroom to encourage self to leave quicker & not waste water
- Try contrasting colored nail polish to make fingers stand out when approaching face

### Alter Environment

- Dim Lights by using Christmas lights, candles, colored light bulbs, or tape down the light switch
- Cover Mirrors with a scarf, post-it notes, stickers, mantras or window clings

- Hang the mirror 2 in. higher to have to use tippitoes
- Create barriers like a beaded curtain to make noise when you enter bathroom, move furniture to not allow close-up mirror use, or put tape on the floor to mark as close as you can get to a mirror
- Keep sunglasses in the bathroom to wear
- Make a fidget home, like a small dish or tray, to keep your fidgets visible in
- Add a strategy to every place you skin pick, like car, couch, or bed

## Treatment Meds/Products

### Over-the-Counter

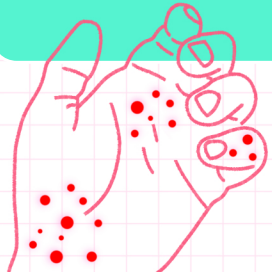
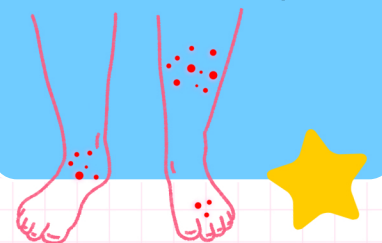
- Aquaphor
- Avene Cicalfate
- Cerave Face/Body Wash
- Hibiclens

### Behind-the-Counter

- Spironolactone
- Clindamycin
- Doxycycline
- Mupirocin

## #PickingMe Actions

- Join support group
- Print free tracking log
- Follow hashtag #PickingMe on social
- Email Lauren for further help at [lauren@pickingme.org](mailto:lauren@pickingme.org)
- Share your story on our website
- Submit art or poetry about skin picking on website
- Volunteer at our nonprofit



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