



## EVERWELL CHINESE MEDICAL CENTRE

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### SUGGESTIONS FOR HELPING RECOVERY FROM ALLERGIC DEMATITIS

1. Avoid taking all sensitizing or suspected drugs (food, cosmetics) immediately.
2. Think about your drug allergy record. When a certain food or drug etc has been found to be the cause of the onset, or causes it to worsen it should be avoided.
3. Avoid any stimulations such as scratching, bathing with hot water, collar-brushing. Avoid any abusive use of drugs.
4. New cosmetics should be tried behind the ear for one week so as to prevent allergic reaction. Preventive vaccination injection should not be offered.
5. Drink plenty of water to accelerate the excretion of drugs or toxins which caused the allergy.
6. During therapy course, avoid eating any irritating spicy food such as pepper, curry, chilli, ginger, onion, garlic and seafood products such as fish, crabs, shrimps, lobsters, etc which may induce itchiness and eruption. Avoid alcohol and cigarettes.
7. Boil the herbal tea 3 times a day, The third portion can be used for cold wet compress.
8. Soak 6 pieces of disinfectant gauze or towels in herbal tea liquid. Remove excess liquid, spread the wet gauze over the rash and leave for 30 minutes. Apply twice a day.
9. The powder may be applied to the affected part either dry or as a paste mixed with water.
10. Gently rub a small amount of lotion into the skin each morning, to cleanse affected area.

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