**Dr Swanson’s Favorite Things**

**Sensitive Skin Care**

\_\_\_\_ ALL Free and Clear Laundry Detergent

\_\_\_\_ No fabric softeners/dryer sheets

\_\_\_\_ Dove Sensitive Skin or Cetaphil soap

\_\_\_\_ Vanicream or Cerave moisturizing cream (apply ON TOP of meds)

\_\_\_\_ Vaseline or Aquaphor ointment (apply ON TOP of any medicines)

\_\_\_\_ Robathol bath oil\*\*

\_\_\_\_ GermX Foaming or BabyGanics Foaming Hand Sanitizer

\_\_\_\_ Wipes: Water, Honest, Earth’s Best Hypoallergenic

**Sunscreens- anything with Zinc and/or Titanium**

\_\_\_\_ Neutrogena Sensitive Skin/Pure Baby

\_\_\_\_ Banana Boat Kids Cream (not spray)

\_\_\_\_ COTZ Total Block/ COTZ Face (tinted)/ COTZ Silky Foam \*\*

\_\_\_\_ Sun Bum Mineral Sunscreen (cream or spray SPF 30)

\_\_\_\_ Colore Science Pro or Brush On Block Powder Sun Protection \*\*

\_\_\_\_ Heliocare pills

**Face Care Products**

\_\_\_\_ Cerave AM Daily Face Lotion

\_\_\_\_ LaRoche Posay Mineral HA Face Lotion SPF 30

\_\_\_\_ SkinCeuticals Sheer Physical UV Defense SPF 50\*\*

\_\_\_\_ Elta MD UV Clear- acne prone skin- tinted- in office or online

\_\_\_\_ Cerave PM for nighttime

\_\_\_\_ Olay Active Hydrating Cream\*\*

\_\_\_\_ Cetaphil Foaming Face Wash

\_\_\_\_ Cerave Foaming Facial Cleanser

\_\_\_\_ Olay Gentle Clean Foaming Cleanser

\_\_\_\_ Cetaphil non drying face cleansing wipes

**Hats/Sun Protective Clothing**

\_\_\_\_ www.coolibar.com

\_\_\_\_ www.wallaroo.com

\_\_\_\_ [www.solumbra.com](http://www.solumbra.com)

**Compression Stockings**

\_\_\_\_ [www.brightlifedirect.com-](http://www.brightlifedirect.com-) Allegro brand- 8-15 mm Hg

**Keratosis Pilaris**

\_\_\_\_ Dove Gentle Exfoliating Wash

\_\_\_\_ AmLactin 12% Cream

\_\_\_\_ Cerave SA

\_\_\_\_ Differin 0.1% gel at bedtime (for face)

\*\*- order online