How to Remove Tough Psoriasis Stains From Your Clothes

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Tips for Getting Psoriasis Stains Out of Your Clothes

I grew up with a stepfather who not only has psoriasis but who my mother affectionately calls the “laundry king.”

You’ve got a stain? Bring it to my stepfather. Chances are, that man can get it out for you.

And as far as stains on his bedding or clothing from psoriasis? They didn’t stand a chance.

This is a man who wears a white button-up shirt with a tie every day to work. Guess who never has a stain on his clothing? My stepfather.

Here are three tricks that will get out just about any psoriasis clothing stain.

The Dawn Dish Trick

First, thoroughly rinse the stained clothing with water. I’ve used hot water, I’ve used cold water but can’t remember what my stepfather told me so to be honest, I’ve just turned on the faucet, and the temperature of the water has not affected the outcome.

1. I get the fabric soaked. Don’t be afraid to drench it. Then, squeeze excess water out.
2. Spray the stain liberally with a stain remover, such as Shout. The brand doesn’t matter – I’ve used name brands and bargain brands, and the result is the same – no stain.
3. Next, squirt Dawn dish soap directly onto the stain. I use the blue Dawn dish soap. The other colors may work, but I cannot vouch for their efficacy. Rub the dish soap in thoroughly with your fingers. If the stain is pretty large, give another liberal squirt of the stain remover spray.
4. Let the mixture sit for several hours.
5. Throw in the washer, then dry as per your usual routine.

Voila! I’ll bet that stain is gone!

However, if the stain is still there you may have to repeat this a couple of times, but for the most part, it works for the first time, every time.

Removing Blood Stains

If you’ve scratched a lot and you’ve got a blood stain on your clothing or bedding, try the steps below to remove the blood stains:

1. Gather materials: you’ll need your stained item, hydrogen peroxide, a spray bottle with clean water, a clean rag or towel, and iron.

2. Pour the peroxide directly onto the stain. Scrub it with the towel/rag. Let sit for five minutes.
3. Heat your iron and run the iron over the stain until it dries. The stain should disappear. There may be a ring around where the stain was due to the peroxide, which can be removed with washing or wet with a spray bottle and ironing again.

Again, voila! If you want this trick to be work, always use newer hydrogen peroxide because when you're utilizing old hydrogen peroxide, it may not give you the results you want.

Removing Grease Stains

As it turns, lots of internet readers use a similar Dawn dish trick to get out grease stains. This method works on anything with grease stains from medications to even food stains.

However, there are quite a few people who swear by the Pine Sol trick, so I thought this was worth a mention as well.

According to Esquire, Pine Sol or Lestoil (a similar but harder to find product) works well on removing grease stains because they are degreasers.

To work the Pine Sol or Lestoil magic:

1. Dab Pine Sol or Lestoil directly onto the grease stain – you'll only need to use a small amount.
2. Launder the garment as you usually would.
3. Air dry the garment.

Voila! The grease stain should be gone from the garment.

So, readers, when you try one of our stain removal tips, let us know how it works!