Psoriasis Skin Irritants

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Skin Irritants to Avoid

Anyone with psoriasis will do anything to prevent a flare-up. However, they may not know that every day things they are exposed on a daily basis are unknown culprits causing skin eruptions. The skin becomes dry and itchy, leading up to reddened patches that are inflamed and uncomfortable. It can be frustrating for those who do everything to control their psoriasis.

Knowledge is power; knowing where the hidden skin irritants lurk will help you find out what has been aggravating your psoriasis and eliminate them once and for all.

Look at the following offenders to see if you have these in your home:

- **Nickel**: This is in many inexpensive pieces of jewelry. Nickel is found to be a common allergy for many psoriasis sufferers. It can cause a rash at the site of contact as well as psoriasis in a location close to the rash. Metal from hooks in a bra can cause a reaction possibly.
- **Hot water**: You may love to stay in a long, hot shower but this could irritate your skin. It is better to take a brief shower with warm water. When you soak in warm to hot water, it will cause flaking and itching.
- **Moisturizers**: Check the ingredients in your moisturizer. If it contains alcohol, pitch it. Alcohol is drying on the skin, even if it is part of a “moisturizer.”
- **Cleansers**: Detergents soaps wreak havoc on skin. The best cleansers are the ones which do not produce big bubbles. Facial cleansers in cream form that do not suds up are best for your face.
- **Sodium Lauryl Sulfate (SLS)**: This chemical is in many products like shampoos and toothpastes. Any product in your bathroom should be checked for this ingredient. If you can, buy natural-made products from the health section of a supermarket, or check the other brands for SLS and avoid them.

- **Essential Oils**: Though these are natural products, they are also concentrated. You may need to stay away from them; even taking a whiff may cause a flare-up.
- **Abrasive Soaps**: Stay away from soaps that exfoliate, any microdermabrasion products or chemical peels.
- **Preservatives in products**: Triclosan is a popular ingredient in antibacterial soaps, but it can cause a flare-up. Other culprits are : benzalkonium chloride, parabens, and sorbic acid. It is best to shop for naturally-made items like those from the Burt’s Bee line, for an example.
- **Sunscreen ingredients**: PABA, benzophenone, and padimate are a few to be aware of.
- **Wool and acrylic fabrics**: These fabrics can cause irritation, so it is best to avoid them.

Remedies if Exposed to Skin Irritants

- **Oatmeal products:** This is a soothing way to calm skin and relieve itching of the affected skin. There is hair products made with oatmeal, too. The oatmeal products are fragrance-free, so there is no need to worry about any unwanted perfumes.

- **Hydrocortisone cream:** This topical medication will help control the itchiness and some of the inflammation.
- **Camphor and/or menthol:** These products have a strong smell to them but they are effective in calming the itchy feeling from skin irritants.

If you cannot resolve the skin irritation on your own, you should contact your dermatologist.