

# Investigating Sensitive Skin Triggers

## What does sensitive skin look like?

The following is a list of signs and symptoms to check for when diagnosing sensitive skin:<sup>1</sup>

- Red skin with or without swelling.
- Skin that stings or burns.
- Rashes or hives.
- Dry skin that may peel, crack, blister or bleed.
- Patches of skin that feel dry, hard and leathery.



Developed in association with:

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## Three key areas to investigate

There are three key areas to explore when identifying sensitive skin triggers. Is the patient being exposed to the allergen or irritant in the workplace, environment, or home? This chart can be used to help determine the trigger.

Occupational Triggers:	Environmental Triggers:	Home and Personal Care Triggers:
<ul style="list-style-type: none"> <li>• What type of work does the patient do?</li> <li>• Are there any occupational exposures that could trigger a skin rash?</li> </ul>	<ul style="list-style-type: none"> <li>• Does the patient spend a lot of time outdoors?</li> <li>• Does the patient wear sunscreen regularly?</li> </ul>	<ul style="list-style-type: none"> <li>• Is the patient using skincare or haircare products with fragrances? If so, which products?</li> <li>• Is a fragrance-free, dye-free detergent, fabric conditioner, and dryer sheet being used?</li> </ul>

To view and download the full list, visit [www.pgsciencebehind.com/en-us/free-gentle](http://www.pgsciencebehind.com/en-us/free-gentle)

Once potential triggers are identified, they should be eliminated from the patient's environment as much as possible. If there are multiple triggers, advise patients to eliminate all of them and slowly re-introduce one at a time. In doing so, it may be possible to isolate the individual trigger.

## Don't overlook the role of textiles

One of the most overlooked but most common causes of skin reactions is exposure to textiles, whether it is clothing, towels, or bed sheets. *"In my experience, using detergents, fabric conditioners, or dryer sheets that contain fragrances or dyes may lead to widespread sensitivity and rashes. So one of the first step I advise is recommending a fragrance-free, dye-free laundry care regimen."*



## The importance of recommending a fragrance free, dye-free laundry care regimen

*"Regardless of the trigger, I advise health care providers to recommend fragrance-free, dye-free products like Tide, Downy, and Bounce Free and Gentle for use in the laundry to avoid allergic reactions."*



TIDE AND DOWNY FREE & GENTLE  
RECOGNIZED BY NEA\* AND NPF<sup>†</sup>

Dermatologist Recommended  
Laundry Products



\* National Eczema Association Seal of Acceptance™ has been granted to Tide Free & Gentle, Tide PODS Free & Gentle, Downy Liquid Free & Gentle, Tide Free & Gentle Hygienic Clean Heavy Duty, Tide PODS Free & Gentle Hygienic Clean Heavy Duty, and Tide Ultra Oxi Free PODS.

<sup>†</sup> Based on exclusive partnership with NPF. For more information about the National Psoriasis Foundation Recognized seal, please go to [www.psoriasis.org/seal](http://www.psoriasis.org/seal).

References: 1. McCallum K. Sensitive Skin: Symptoms, Common Triggers & How It's Treated. Houston Methodist Hospital - Texas Medical Center. Feb. 2, 2022. Available at: <https://www.houstonmethodist.org/blog/articles/2022/feb/sensitive-skin-symptoms-common-triggers-how-its-treated/>