



# wondersoft

## Aloe Vera Lotion

### Your hand hygiene routine just got better!

Your skin is an amazing organ that functions to defend you from infection. Because it plays such a vital role in keeping us healthy, we should protect and take care of our skin. Good skin care habits represent a proactive approach to maintaining health and wellness.

It's no secret that dental professionals cleanse their hands many times over the course of the clinical workday. Hands are decontaminated before and after gloving, before eating, after using the restroom, after sneezing, after contact with anything contaminated, etc. A conscientious hand hygiene routine keeps you and your patients safe. So how could this important infection control protocol possibly interfere with our goal to reduce cross-contamination?

The constant cleansing of hands via handwashing, surgical scrubbing, or alcohol based hand rubs may damage the skin. The exposure to detergents and chemicals increases the risk of dry, cracked, itchy, and sometimes painful skin. Once the skin becomes compromised, the broken skin provides an easy pathway for germs to enter the body which could make you ill or spread disease.

The CDC's *MMWR Guideline for Hand Hygiene in Health-Care Settings* states "factors that can contribute to dermatitis associated with frequent handwashing include using hot water for handwashing, low relative humidity (most common in winter months), failure to use supplementary hand lotion or cream, and the quality of paper towels (254,255)."



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#### To help reduce your risk, I suggest the following:

- ▶ Always wet hands with cool to lukewarm water to prevent dryness. Never use hot water to wash and rinse your hands. Hot water can open the skin pores and hasten the removal of natural oils faster than tepid water and it increases the risk of dermatitis.
- ▶ Use a humidifier during dry winter months to add moisture to the air.
- ▶ Apply a non-petroleum based hand lotion like Wondersoft Lotion frequently to maintain the dermal integrity of your hands. It is compatible with all gloves and its non-greasy formula distinguishes this product from others.
- ▶ Dry hands thoroughly (all surface backs, palms, and between fingers) after washing with an absorbent, single-use, disposable paper towel.

Healthcare professionals can manage the skin's integrity and keep it soft and pliable by applying hand lotion regularly throughout the day. This can be accomplished with Wondersoft Lotion. Its main ingredient "aloe" is known for its soothing qualities and its ability to moisturize and relieve dry skin disorders like dermatitis.

Prevention of occupationally related contact dermatitis is key to protecting yourself and the patients you serve. Healthy, intact skin is the body's natural barrier against infection. Don't put yourself at risk. Taking care of your skin, particularly your hands, is one of the primary ways to protect yourself from infection.

Make applying Wondersoft Lotion to your hands a routine part of your hand hygiene protocol. I recommend this product...it's in your hands now. You will be happy and your skin will be too!

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