

Guide to Over-the-Counter (OTC) Skin Cleansers and Protectants

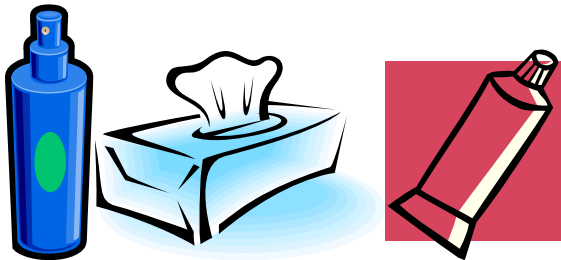
Available in Minneapolis/St. Paul metro area

Cleansers

- Primary ingredient in all cleansers is water
- No OTC cleansers available in a spray bottle
- No OTC cleansers identify the pH of the product
- Most OTC perineal cleansers are “wipes”
- Many stores have a “generic” wipe that is less expensive than the brand name products
- Most cleansing wipes are found in the “baby” section of the store
- Consider using a cleanser designed for acne, as they are gentle and typically don't dry the skin

Products:

- **Cetaphil**- water, glycerine
- **Cottonelle wipes**- water, aloe leaf juice
- **CVS Flushable Moist wipes**- water, glycerine, aloe leaf juice
- **CVS Toddler wipes**- water, aloe leaf juice
- **Huggies wipes**- water, aloe leaf juice, glycerine
- **Johnson Baby bar**- water, glycerine
- **Pamper's wipes**- water, glycerine
- **Pull Up (flushable) Cleaning Wipes**- water, glycerine, aloe leaf juice
- **Up&Up (flushable) Moist Wipes**- water, glycerine, aloe leaf juice
- **Walgreens (flushable) Cleansing Cloths**- water, glycerine, aloe leaf abstract



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Product Ingredient Information

- Most OTC products have many ingredients, but only 1-2 “active” ingredients
- Some OTC products do not identify the “active” protective chemical
- Products are often scattered throughout the store: baby care section, adult brief section, feminine hygiene section, skin care section, or first aid section
- Many stores have a “generic” store brand product that has the same strength of an “active” ingredient as the brand name products, but less expensive
- The strength or percentage of an “active” ingredient varies in different products
- It is unknown whether zinc oxide vs. petroleum vs. dimethicone is the “best” protectant

Zinc oxide

Baby Basics Diaper Rash Ointment- Active ingredient: 40% zinc oxide

Balmex- Active ingredient: 11.3% zinc oxide

Bourdeaux’s Butt Paste- Active ingredient: 16% zinc oxide

CVS Diaper Rash Relief- Active ingredient: 10% zinc oxide

CVS Zinc oxide cream- Active ingredient: 10% zinc oxide

Desitin (Maximum strength)- Active ingredient: 40% zinc oxide

Desitin (Rapid relief creamy)- Active ingredient: 13% zinc oxide



Petroleum

A&D ointment- Active ingredient: 53.4% petroleum, 15.5% lanolin

Aquaphor- Active ingredient: 41% petroleum

CVS & Walgreens Advanced Healing Skin Protectant- Active ingredient: 41% petroleum

Vaseline- Active ingredient: 99.6% petroleum

Combination

A&D zinc oxide cream- Active ingredient: 10% zinc oxide, 1% dimethicone

Burt’s Bees Body Butter- water, sunflower oil, vegetable fat, glycerine, bees wax, aloe leaf abstract

Calmoseptine- Active ingredient: 20.63% zinc oxide, .44% menthol (provides cooling sensation with application)

Gold Bond Healing- water, glycerine, petroleum, dimethicone, aloe

Triple Paste- 12.8% zinc oxide, white petroleum, glycerine, bees wax, corn starch (drying powder)

Udder Cream- Dimethicone, lanolin oil, in an emollient base

*More information about Zinc oxide, Petroleum, Vitamin A and D cream, Petroleum Jelly White and Dimethicone Cream is available on the website

http://www.drugs.com/drug_information.html. You can search by the name of the active ingredient (for example, Zinc Oxide). This website lists information about when to use and when not to use the product, what to do before using the product, how to use the product, safety information, possible side effects and other general information.

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