

PUPPP Helpful Charts

The below charts are helpful to PUPPP sufferers. As we all know we try everything there is on the market, this chart may help you keep track of what you have tried or would like to try. **This is not to be used to cure your condition**, it is simply for you to use as a guide, and share with your doctor.

*Thank you to **im_la_teacher** , a member of the Yahoo PUPPP group who made these up in her spare time.*

Potential Remedy	Did not try	Effectiveness at reducing the rash						Effectiveness at reducing the itch					
		0	1	2	3	4	5	0	1	2	3	4	5
Changing Habits													
• Changing your laundry detergent													
• Changing your fabric softener													
• Changing your bath soap													
• Changing your regular body lotion													
• Changing your perfume													
• Increasing exercise													
Showers and Baths													
• Hot showers													
• Cold showers													
• Cold baths (plain)													
• Bath with oatmeal													
• Bath with baking soda													
• Bath with baby oil													
• Mud baths													
• E45 Emollient Bath Oil													
Moisturizers and other skin ointments (applied topically)													
• Avoiding moisturizer													
• Talc or Baby powder													
• Gold Bond medicated powder													
• Baking soda paste w. water													
• Baking soda paste w. ammonia													
• Topical application of rubbing alcohol													
• Moisturizer with aloe													
• Pure aloe (from aloe plant)													
• Moisturizer with petroleum jelly													
• Moisturizer with Vitamin E													
• Moisturizer with Vitamin A													
• Tea Tree Oil (topical application)													
• Olive Oil (topical application)													

● Noxema																			
● Cocoa butter																			
● Sarna cream																			
● Ben Gay																			
● Benadryl Gel																			
● Ointment containing menthol																			
● Ointment containing camphor																			
● Vinegar (applied topically)																			
● Calamine lotion																			
● Solarcaine																			
● Insect bite lotion																			
● Coal tar soap																			
Internal treatments																			
● Avoiding milk																			
● Drinking more water																			
● Dandelion root tea																			
● Dandelion root extract / tincture																			
● Drinking lemon juice																			
● Benadryl																			
Prescription Treatments																			
● Antihistamines																			
● Steroid topical ointment (cortisone)																			
● Oral steroid treatment																			
● Steroid shots / injections																			
Other																			
● Exposure to UV rays																			
● Self-hypnosis																			
● Acupuncture																			