



White Cotton Gloves

What you need to know

Cotton gloves can protect the skin on your hands from irritants. Your doctor may advise you to wear them.

This handout gives information about when to wear them and where to buy them.

White cotton gloves are useful for many different skin conditions, such as:

- Dry skin
- Eczema
- Allergic contact dermatitis

Wearing cotton gloves can help increase the amount of medicated ointment or cream that is absorbed into your skin. Gloves can also protect your skin from everyday skin irritants.

Daily Skin Irritation

Wear the cotton gloves around the house, especially when you do things like fold laundry or read the newspaper. Laundry detergent on clean clothes and newspaper ink can irritate sensitive skin.

Wear rubber gloves over the cotton gloves if you are exposed to skin irritants such as harsh detergents, citrus juices (such as orange and lemon), vegetable juices, and fresh garlic and onions. The rubber gloves will protect your skin from the irritants. The cotton gloves will protect your skin from the rubber gloves.

Allergic Contact Dermatitis

Some people have skin problems on their hands from touching certain chemicals or objects. This is called *allergic contact dermatitis*. If you cannot avoid touching things that irritate your hands, wear white cotton gloves with or without rubber gloves over them. This may help cut down on your allergic reactions.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Dermatology Center:
206-598-5065

Dry Skin or Hand Eczema

White cotton gloves are very helpful for eczema and dermatitis when used along with medicated ointments or creams:

- Apply the ointment or cream to your hands at bedtime.
- Then, put on the white cotton gloves and wear them while you sleep. The gloves will help the ointment or cream absorb into your skin.

Where to Buy White Cotton Gloves

White cotton gloves can be found at drugstores and department-store cosmetic counters. You can also buy them online, often at a lower price than in stores.

Buy several pairs so you have some extras. They can be washed and reused many times.

- Online: www.whitecottongloves.net
 - 12 pairs lightweight gloves: \$6.45*
 - 12 pairs medium-weight gloves: \$10.45*
- Bartell Drugs
 - 1 pair: \$3.99*

**Prices are current as of spring 2010.*

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