HarlanMD SmartLotion®



Skin Care Guide

– For Adults –

Steven Harlan MD

Dr. Steven Harlan, MD.


SmartLotion
for Eczema & Dermatitis
All Skin Areas, Including Face • All Ages
Flare-up Recovery & Prevention:
• Redness, Scaling, Itching
• Stinging, Burning, Inflammation
• Shaving Rashes, Friction Rashes
h
harlanMD™
95%
Success Rate*
Dermatologist
Developed
2.0 fl. oz. / 60 ml

Disclaimer

Dr. Steven Harlan, MD is a board-certified, practicing dermatologist.

Dr. Harlan is not your dermatologist.

Any information presented regarding the treatment of conditions represents typical examples of how Dr. Harlan instructs his dermatology patients.

No information provided by HarlanMD may be construed as medical advice from Dr. Harlan.

All persons planning to use SmartLotion® for the treatment of itch associated with any chronic or recurring condition should see a board-certified dermatologist for proper diagnosis and supervision.

FDA guidance on hydrocortisone preparations says the purpose is anti-itch associated with skin conditions like dermatitis, eczema and psoriasis and it should not be used after 7 days without direction/ supervision of a physician, and it is not officially cleared in children under two.

If you have an adverse reaction to SmartLotion® or to any of the instructions Dr. Harlan recommends to his patients, you must stop the use of SmartLotion® immediately and consult your dermatologist or trusted medical professional.

All information and statements provided by HarlanMD have not been evaluated by the FDA and are not intended to prevent, treat or cure any disease or illness.



Skin Care Guide for Adults

HarlanMD SmartLotion®

To Our Valued Customer,

Thank you for your purchase of HarlanMD SmartLotion®. I am excited to help you achieve your eczema and dermatitis relief goals.

What started as my passion to help struggling patients, has now evolved into the most important skin microbiome advancement in history.

As SmartLotion® becomes available to the public, you and I will now take a step together, toward an eczema-free America.

My support staff is standing by to help you with anything you may need. Any questions they cannot answer, will be personally answered by me.

I am here for you, 100% of the way. That is my promise.



Dr. Steven Harlan MD

Steven Harlan MD

Instructions

Always consult your dermatologist for diagnosis, supervision and treatment.

If your dermatologist has prescribed you a treatment for your dermatitis, do not stop treatment and replace it with SmartLotion®.

SmartLotion® works well when combined with prescription solutions, and doesn't have any negative drug interactions.

Always apply SmartLotion® as a thin, disappearing layer. You will find that a small amount can cover a large area.

For open wounds: apply SmartLotion® around the wound, but not in. You can safely apply moisturizer to the wound.

Generally speaking, facial skin is thinner and needs less applications for both recovery and prevention than the rest of your body. Limit facial applications of SmartLotion® to no more than 2x per day for 2 weeks and body applications of SmartLotion® to no more than 4x per day for 4 weeks.

After up to 2 weeks of 2x per day applications on the face and other sensitive skin areas, SmartLotion® is safe to apply indefinitely as a preventative when applied 1x per day, although often less is required.

After up to 4 weeks of 4x per day applications on the body and other "less sensitive" skin areas, SmartLotion® is safe to apply indefinitely as a preventative 2x per day, although often less is required.

For many forms of dermatitis, notably atopic dermatitis, Dr. Harlan says that his patients must moisturize at a minimum of 2x per day - whether a rash is present or not.

For Dr. Harlan's list of recommended moisturizers, click here.

For more information on how to apply moisturizers with SmartLotion®, click here.

Disclaimer: About The Healing Process

In some rare cases, your skin may sting, turn pink, or increase in redness when first applying SmartLotion®. If this happens, please don't worry. Eczema can make skin extremely sensitive, and the stinging/redness is your extremely sensitive skin starting the healing process.

The stinging/redness will decrease with each day of use, and lasts no more than one week.

Tips to Stop The Sting

Here are Dr. Harlan's tips to reduce the stinging as your skin heals:

1. Apply SmartLotion® only once per day for the first week, until the stinging stops or the application area stops turning red.

2. Spritz the area with water before applying the SmartLotion®. This helps to relieve the burning sensation.

3. Moisturize the area after spritzing, and before applying SmartLotion®. Regular moisturizing is critical to a successful recovery from eczema.

4. Apply SmartLotion® after moisturizing. If the stinging is too intense at first, apply SmartLotion® to the skin around the eczema (but not on it) for the first couple of days. This will help to "ready" the eczema to accept the SmartLotion®.

5. Briefly apply ice (up to 2 minutes) to the area afterwards.

If you follow these steps, your skin should stop stinging and/or turning red within a week after first applying SmartLotion®.

Condition Protocols

For a complete reference on how Dr. Harlan typically treats his patients for a wide variety of dermatitis conditions, click below:

CLICK HERE

harlanmd.com/conditions

HarlanMD SmartLotion®