



1 Hygiene

- Shower every day with your own soap, washcloth, and towel. This will reduce bacteria on the skin and lower your risk for infection.
- Use a gentle, non-drying soap such as Dove.
- Use hypoallergenic lotion (such as Epimax, Eucerin, Lubriderm, Cetaphil) twice a day to moisturize your skin. Avoid lotions containing alcohol as these will dry the skin.
- Keep your hands clean by washing them often with soap and water, especially before eating and after using the bathroom.
- Remind your caregivers and visitors to wash their hands.
- Check your skin every day for rash, bruising, swelling or redness.
- It is preferred you wear eyeglasses rather than contact lenses. Make sure contact lenses are cleaned thoroughly before wearing.
- Makeup products used before transplant, especially eye makeup, should be thrown away and replaced with new ones after transplant.
- Hair and nails usually start to grow back about three months after transplant.
- You may resume sexual intercourse when your platelet level is above 50,000 and your absolute neutrophil count is above 1,000. Women can use a water-based lubricant to help with vaginal dryness. It is recommended that condoms and dental dams be used during sex to reduce the risk for sexually transmitted infections.

2 Oral hygiene

- Check your mouth and lips each day for blisters or sores.
- Check your tongue for any white patches, cracks or areas of bleeding.
- Tell your doctor if you have any of these signs.
- Brush your teeth with a soft-bristled toothbrush and toothpaste with fluoride such as Biotene / Sensodyne and Paroex gel and rinse with **sterile water**.
- You may floss when your platelet level is more than 50,000.
- Use non-alcohol based mouthwash such as Biotene and Paroex.
- You may also choose to use 1 teaspoon of baking soda in 1 quart of water, plain water, or to get a prescription from your doctor for “magic mouthwash” (Rowan’s mouthwash)
- Ask your doctor when you may see your dentist.
- If you need to have any dental work done, have your dentist speak with your transplant doctor first. You may need to take antibiotics to prevent infection while you are having this dental work.

3 Shaving

- Only electric shavers may be used.
- No hair removal creams may be used.