

BRAVA SKIN CARE ROUTINE
(RECOMMENDED BY OTHER PATIENTS)

PM

1. Baby Shampoo
2. Skin prep spray or Non-Sting Wipes (allow skin to dry)
3. Place Brava domes on skin

AM

1. Remove dines, clean domes with Brava Cleanser
2. Aveeno body wash
3. Sovereign silver gel
4. Coconut oil
5. Aveeno intensive therapy lotion

**This routine is for women wearing the domes at night*

**You may find some other products work just as well - these are tips from experienced patients to help avoid skin irritation*

SHOPPING LIST

- Aveeno Body Wash (can be found at Target \$6)
- Aveeno Intensive Therapy Lotion (can be found at Target)
- Sovereign Silver Gel (can be ordered on Amazon.com ranging from \$10 - \$30)
- Coconut Oil (can be found at most grocery stores \$5)
- Baby Shampoo (can be found at most grocery stores \$4)
- Smith & Nephew No-Sting Wipes (can be ordered on Amazon.com ranging from \$12 - \$50)