

I.C. Ivy Cleanse Uses and Instructions

Detailed instructions on the removal of urushiol oil.

Please refer to these instructions in the case of Poison Ivy, Oak or Sumac removal.

The advice and application guide provided here are for informational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. Always consult with a qualified healthcare professional for personalized guidance and recommendations. The information presented is based on general knowledge and research at the time of writing. Individual circumstances may vary, and the effectiveness or suitability of the advice may differ based on specific situations. Any reliance you place on the information provided is at your own discretion and risk. The provider of this content, disclaim any liability for any loss, injury, or damages arising from the use or misuse of the information provided.

If You May Have Been Exposed:

1. Thoroughly rinse the area in question with cool or cold water. *
2. Pump cleanser into hands. Do not lather yet.
3. Apply cleanser directly to all possible exposure sites and exfoliate thoroughly until there is no longer any sticky residue on the skin.
4. Thoroughly rinse the area in question with cool or cold water.
5. Dry the area in question well with a separate clean cloth.

NOTE: *

If in the shower, avoid letting water travel down unexposed skin in order to minimize contamination risk.

If A Rash Has Occurred:

1. Rinse the affected area thoroughly with cool or cold running water. * *
2. Pump a generous amount of cleanser onto your hand or hands. Do not create a lather with the cleanser yet.
3. Apply the cleanser directly around and on the rash, then begin to gently lather it in. Start by circling around the rash, then move directly over it.
4. Again, rinse the area thoroughly with cool or cold running water. * * *
5. Apply a fresh amount of cleanser to your hand or hands and start to lather gently on the rash. Gradually increase the intensity of the scrubbing until the itching subsides. * * * *
6. Rinse the rash area thoroughly with cool or cold running water. * * * *
7. Dry the area using a clean cloth. Rather than wiping, press the cloth onto the skin and twist gently to help remove the oil from the skin and into the cloth.
8. If the itching returns, please repeat all of the steps from step 1.

NOTE: * *

When asked to rinse skin in this guide, it is implied that you must never allow the rinse to spread around skin or splash back onto articles of clothing.

NOTE: * * *

The contamination site may begin to feel tender and scrubbing may be uncomfortable, however it is crucial to continue to scrub until itchiness has subsided

NOTE: * * * *

Thoroughly extracting the oil from the skin is a crucial part of the urushiol removal process. Oils trapped deep within the skin must be dislodged and absorbed into a cloth to be removed.

FAQs & Concerns (Continued on Back)

Why is it so rough?

Urushiol oil is sticky and binds deep within the skin. The only way to remove the oil is to add an abrasive agent that breaks up bonds and allows our surfactants to get deep within those pores.

Hot Water or Cold Water?

Hot water can spread urushiol oil faster than cleansers can keep up with. However, if the itch returns after 2-3 cold water scrubs, it wouldn't hurt to then try warm water. By then, the cold-water scrubs will have removed surface contamination and warm water may help draw out any urushiol trapped deep within the skin.

Do I scrub the sores?

Painful sores will most often form where the most urushiol has gathered. While uncomfortable at first, cleansing the sores of urushiol will stop the reaction and provide immediate relief.

How long does urushiol oil last?

Urushiol can last up to 5 years on objects and surfaces. Until it is removed, it will continue to cause an allergic response that could escalate into a systemic reaction.

Will this remove the rash?

The rash is caused by an allergic response to the urushiol oil in your skin. Once the oil is removed, the itching will stop, and your body will begin naturally healing the rash.

Toxicodendron Dermatitis FAQ's

Frequently asked questions and additional information on the rash caused by exposure to Poison Ivy, Oak, and Sumac.

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Toxicodendron Dermatitis:

Poison Ivy, Oak, and Sumac rash is caused by the present contamination of urushiol oil. Produced by all plants in the Toxicodendron genus, urushiol oil is extremely flexible and can be easily absorbed by our skin. Just one nanogram is sufficient to penetrate our pores and attach itself to proteins beneath the surface. Once inside, over 70% of immune systems identify urushiol as an unknown allergen and then dispatch killer T-cells to eliminate it. In this process, not only is urushiol attacked and destroyed, but any surrounding tissue will also sustain damage. This is the cause of irritation, inflammation, and swelling in the skin. Furthermore, the accumulation of fluids within that damaged tissue contributes to oozing and weeping, characterized by the discharge from extremely swollen areas.

Toxicodendron Genus:

Poison Ivy, Oak, and Sumac all belong to the Toxicodendron genus of plants. They are considered invasive and can grow in harsher conditions than their docile counterparts. Toxicodendron plants are thought to be poisonous because of the rash caused by the urushiol oil that they produce. While not poisonous, the oil causes an allergic reaction in most people who come into contact with it. The oil is active throughout the entire plant, even the roots. Toxicodendron plants occupy over 80% of the U.S. While poison ivy occupies most of that, poison oak and sumac are less prevalent and reside mostly on the east coast. Being aware of your location and recognizing these plants can help prevent future exposure with urushiol oil.

FAQs & Concerns (Continued)

Is this safe on sensitive areas?

Yes, however, always exercise caution when applying any product around areas such your mouth, eyelids, or genitals. Seek medical attention if the rash has spread to your eyes, throat, or any other mucous membrane.

Why am I still getting breakouts?

Cleansers safely remove urushiol from the skin in one or multiple attempts. If the cause of the rash is still present on a nearby object or surface, it will repeatedly contaminate your skin and cause a recurring rash. In rare cases, the patient's sensitivity to urushiol oil may cause a systemic reaction, leading to the occurrence of a rash in unexposed areas. In these situations, it is advised to seek a doctor or get medical assistance immediately.

When will the rash go away?

Once the urushiol oil is cleansed from the skin, it will take 1-3 weeks for your skin to fully heal. The exact amount of time is determined by both the severity of the reaction and the spread urushiol oil in the skin.

What do treatment products do?

Poison Ivy treatment products are specifically designed to treat the symptoms of poison ivy rash, not the source. It is recommended to apply treatment only after fully cleansing urushiol oil from your skin.

Is this a systemic reaction?

If you are experiencing severe symptoms, such as difficulty breathing, intense swelling, fever, or a recurring rash that covers more than 30% of your body or face, it is likely the beginning of a systemic reaction and medical assistance is required immediately.