



Formaldehyde

You patch tests show you have a contact allergy to formaldehyde. You should avoid contact with all products containing formaldehyde in the future.

Formaldehyde is a preservative frequently used in cosmetics and household products. It can be difficult to avoid formaldehyde completely as it is so commonly encountered. Formaldehyde is also found in some preservatives (also called formaldehyde-releasers) found in cosmetics/personal care products. It is best to try and avoid all of these preservatives:

- Imidazolidinyl urea (Germall 115)
- Diazolidinyl urea (Germall II)
- Quaternium 15 (Dowicil 200)
- 2-bromo-2-nitropropane-1,3-diol (Bronopol)
- DMDM hydantoin

Formaldehyde may be found in some of the following types of products:

- **Personal care products** including cosmetics, toiletries, soaps, shampoos, mouth wash, antiperspirants, nail polish
- **Medicated creams** including wart paints, dental products
- **Household products** such as disinfectants, air fresheners, metal cleaners, polishes, cleaning fluids
- **Fabric finishes** including permanent press and anti-wrinkle finishes
- **Paints**
- **Paper products** especially high quality papers
- **Building materials** including fibreboard, plywood, glues and varnishes
- **Industrial products** such as coolants, cutting oils and antifreeze
- **Preserving fluids** for laboratory specimens and embalming