

# **Dry Skin Care**

## Bathing:

- ❖ Decrease exposure to water.
- ❖ Short showers or bath, less than 10 minutes.
- ❖ Bathe in lukewarm water.
- ❖ After bathing, pat yourself dry. Do not rub dry, because rubbing can increase itchiness.
- ❖ Apply moisturizer immediately after shower or baths while skin is still slightly moist, to lock in moisture.
- ❖ A humidifier in the room can add moisture to the air and prevent over drying.

Hand Washing:

- ❖ Do not skimp on hand washing which can remove harmful bacteria and viruses. If you need to wash your hands often, hand sanitizers are a good alternative.
- ❖ Apply hand cream after each hand washing. If more relief is needed, dab petroleum jelly on your hands before bed. If your hands are frequently immersed in water, wear waterproof gloves to help protect them.

Clothing:

- ❖ Long sleeves and pants are best for children to protect skin from irritating substances and to keep the child from scratching.
- ❖ Cotton clothing (non-synthetic) is less irritating than wool fabric.

Irritants:

- ❖ Try not to scratch the skin as this will worsen the itch.
- ❖ Rolling in grass or on carpet, and exposure to pets can increase itch.

Soaps:

- ❖ Synthetic or Glycerin soaps are milder than true soaps.
- ❖ Avoid antibacterial soaps, and other harsh soaps such as Lever 2000, Ivory, Irish Spring, Dial, etc.
- ❖ Recommended Soaps: Cetaphil, Purpose, Dove, Oil of Olay, Caress.

Lotions/Emollients:

- ❖ Moisturizers should be applied multiple times a day.

- ❖ Avoid soaps and moisturizers with fragrance. Use products labeled with “fragrance free”.
- ❖ Greasier emollients are more effective – grease is better than cream which is better than lotion.
- ❖ Recommended creams: CeraVe, Cetaphil, Curel, Creamy Petroleum Jelly.
- ❖ Recommended Emollients: Aquaphor, Vaseline.

**Medications:**

- ❖ Steroids can cause thinning of the skin and stretch marks. Only use on red, scaly areas. Avoid groin, face, under breasts, and armpits. Use as directed by your physician.