

# Dry Skin Care

**Dry skin may itch and increase sensitivity to irritants. It may also lead to skin infection if open wounds are created by scratching.**

## **TREATMENT:**

-Bathe only once a day or less. Avoid long, hot showers. The skin dries out later when cooling.

-Use a mild soap such as Cetaphil liquid cleanser or bar, Aquanil, or Dove unscented soap, Olay bar, etc. Do not use Ivory, Dial, Irish Spring, or Zest.

-Use **FRAGRANCE FREE** mild laundry detergents such as Arm & Hammer, Free & Clear, or Cheer Free Liquid.

-Some find Tide to be a problem. Avoid Tide. Avoid fabric softener liquids or sheets in the dryer.

-Avoid fragrant products such as detergent, soap, lotion, or perfume.

-Keep nails trimmed if itching is a problem.

-**APPLY MOISTURIZERS TO THE BODY ONCE OR TWICE A DAY.** Thick creams are better than thin lotions. They should be applied within three minutes of a shower. Lotions may be better for the face if acne is a problem.

**-CONTINUE MOISTURIZERS ONCE OR TWICE A DAY AFTER THE RASH HAS CLEARED TO AVOID A RECURRENCE.**

Examples of moisturizers starting from thick to thin:

-Vaseline Petroleum Jelly, Aquaphor, Shea Butter, Eucerin Cream

-Cetaphil cream, SBR-Lipocream

Lotions:

-DML Forte, Eucerin, Curel, Replenederm

-Dermasil, Norweigan Formula, Aveeno (Aveeno cream and lotion are thin, but may help with itching)

-Celaphil (noncomedogenic)

\*An excellent newer product is CeraVe cream which many dermatology providers find to be a superior moisturizer.

Lotions which may provide temporary relief from itching, but do not clear the rash:

Eucerin Anti-Itch Lotion (spray), Itch-X spray or gel, Aveeno Anti-ItchLotion, Sama Lotion.

\*If cortisone products are prescribed by your doctor, use only on the affected skin areas. These are usually applied twice daily. Use these with moisturizers as directed by your provider. **STOP USING THE STEROID ONCE THE RASH HAS CLEARED**, but continue the moisturizer.

\*Use topical cortisones only as instructed.