

Caring for Dry Skin

- Always use lukewarm water when possible. Avoid extreme temperatures, i.e. very HOT or COLD water.
- Avoid saunas and steam baths as the temperatures are too HOT.
- Do NOT vigorously scrub when you clean your skin.
- Use the minimum soap possible. Some examples of mild soaps include unscented Dove, Basis, and Cetaphil.
- Bathing time should be 10-20 minutes. Do NOT use bubble bath.
- ALWAYS apply a moisturizer immediately after bathing. This helps to “lock-in” moisture.
- After bathing, PAT your skin lightly with a towel. Do not rub or scrub.
- Use your moisturizer several times a day to your whole body. Good summer moisturizers include: Lubriderm and Cetaphil lotions. Winter moisturizers may be more occlusive and include: Aquaphor, Vaseline and Eucerin cream.
- Do not use products such as powders, perfumes or colognes on your skin.
- Use unscented hypo-allergenic laundry products such as Dreft, Purex and All. If the skin is still very dry, you can try DOUBLE-RINSING your clothes. The second rinse should NOT include any detergent.
- Remember to apply prescription creams to affected areas only.
- It is best to use moisturizers and prescription creams at DIFFERENT times during the day. If applied at the same time, always apply the prescription cream FIRST and use the moisturizers on unaffected skin with no rash to avoid interfering with the action of the prescription cream.
- Avoid tight or “scratchy” clothing such as wool or acrylic. Always wash new clothes before wearing for the first time.
- For really dry skin try using the technique known as “Wet Wraps.” Instead of using prescription medicine, just substitute a good moisturizer.