

RECOMMENDATIONS FOR DRY SKIN

1. Use lukewarm water - avoid HOT or COLD water.
2. Do not vigorously scrub with a washcloth, sponge, or brush.
3. Use very little soap, and only in areas where needed. A mild soap such as Basis, Cetaphil unscented Dove or CeraVe is recommended.
4. If your skin is very dry, Cetaphil or CeraVe lotions may be good alternatives to soap. They may be rinsed off or left on the skin.
5. Reduce bathing time to 5-10 minutes, and always apply a moisturizer immediately after bathing.
6. Do not use bubble bath, or use only a small amount and be sure to rinse off thoroughly.
7. After bathing, PAT your skin with a towel to dry gently.
8. Use moisturizers (such as Cetaphil, CeraVe, Vanicare lotion in summer, and Eucerin, CeraVe, Aveeno, Cetaphil cream, Aquaphor in winter) several times a day to the whole body, especially after bathing, to "lock-in" moisture.
9. Do NOT use colognes, perfumes, sprays, powders etc. on your skin.
10. Use a small amount of unscented laundry products such as Cheer-Free, All, or Dreft. If dry skin or inflammation persists with lubrication or prescription medication, you can also double rinse clothes after washing.
11. Prescription creams and ointments should be applied to affected areas only. Moisturizers are best applied to the whole body at different times; if applied at the same time as prescription ointments or creams, always apply the prescription medication first.
12. Do not wear tight or rough clothing. Wool clothes and new clothes can be irritating.
13. Avoid saunas & steam baths - keep environmental temperatures on the cool side.
14. For extreme dryness, a humidifier or vaporizer may help. Remember to keep it clean or molds may spread throughout the humidified area.

