

## RECOMMENDATIONS FOR DRY SKIN

1. Wash with lukewarm water—avoid hot or cold water. Reduce bathing time to 5-10 minutes. Do not vigorously scrub with a washcloth, sponge, or brush.
2. Use very little soap, and only in needed areas. A mild fragrance free soap should be used such as Cetaphil, Oil of Olay Sensitive Skin, Aveeno, Basis, Oilatum, or Dove unscented.
3. Immediately after bathing, pat skin with towel, so it is only partially dry, then apply moisturizer liberally.
4. During the summer try **lotions** such as Curel Ultra Healing, Cerave, Moisturel, Eucerin, Cetaphil, or Aveeno. During winter, try **creams** such as Curel Ultra Healing, Cerave, Eucerin, Cetaphil, Aveeno, Aquaphor healing ointment, LacHydrin (Prescription only), or Amlactin (behind the pharmacy counter). Apply the moisturizer several times a day to the whole body.
5. If skin is severely dry or fissures develop, use Vaseline Petroleum Jelly, Aquaphor, or Acid Mantle Cream (available behind the pharmacy counter).
6. Do not use bubble bath, colognes, perfumes, sprays, powders, etc.
7. Use fragrance-free and dye-free laundry detergents such as Dreft, All Free and Clear, Cheer Free, Ultra Tide, Purex. Use fragrance-free fabric softener.
8. Cortisone\* creams and ointments should be applied 1-2 times a day to affected areas. Apply the prescription medicine first to the affected area, then wait 10 minutes and apply moisturizer all over.
9. Do not wear rough or tight clothing. Wool clothes and new clothes can be irritating.
10. Avoid saunas, steam baths and hot tubs—keep environmental temperatures on the cool side.
11. A humidifier or vaporizer may help moisten dry skin.

\*Cortisone (steroid) creams and ointments can cause thinning of the skin if used unmonitored for a length of time. When using cortisone medication, apply a thin layer to the affected area and avoid applying to normal skin. Decrease frequency of use of cortisone as you improve, but continue to use moisturizers frequently. As you continue to improve, stop using the cortisone altogether, and just use moisturizers. Never apply cortisone creams to the face or groin unless directed by your doctor.

Additional Notes: