



Dry Skin Care

Dry skin is often one of the most common causes of itching. It is more common in the winter when the heat in our homes is on. Dry skin can trigger outbreaks of eczema in susceptible patients. To care for dry skin we suggest the following recommendations.

Bathing and Cleansing

- Limit shower time (5-10 minutes to avoid stripping natural oils) and use lukewarm water - hot water can increase dryness.
- Cleanse gently - use mild fragrance free cleansers - recommendations below.
- Limit soaps - most of the time it is adequate to soap underarms, groin and feet. Use water for the rest of your body.

1. Moisturizing

- Towel dry immediately and moisturize the entire body within 2-5 minutes of drying.
- If you have been given a prescription medication apply it first to affected areas and follow up with a moisturizer all over.
- Moisturize twice a day if your skin feels dry or itchy
- If you live alone you may consider a "back applicator" from a pharmacy or on Amazon to assist in moisturizing hard to reach areas.

2. Avoiding irritants

- Choose fragrance-free, dye free laundry detergents. Avoid fabric softeners.
- Wear cotton or soft fabrics - avoid wool and rough clothing
- Avoid known triggers - fragrances, foods, stress and known allergens

3. Comfort measures

- Keep nails short to reduce damage from scratching
- Use a humidifier in the winter
- Keep indoor temperatures moderate - avoid overheating

4. REMEMBER - consistency is important - daily gentle care and regular moisturizing are the best defense against eczema flares.

Cleansers

- Cetaphil
- Cerave
- La Roche Posay
- Eucerin

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**PENINSULA
DERMATOLOGY**

& LASER CLINIC

Silverdale ◊ Gig Harbor ◊ Tacoma

- Aveeno
- Dove
- Vanicream

Moisturizers

- Vaseline
- Aquaphor
- Cetaphil
- Cerave
- La Roche Posay
- Eucerin
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