
Dry Skin Care

Dry skin is one of the most common causes of itching. It is more common in the winter when indoor heat is on. Dry skin can trigger eczema flares in susceptible patients.

Bathing & Cleansing

- Limit shower time to 5–10 minutes to avoid stripping natural oils. Use lukewarm water — hot water increases dryness.
- Cleanse gently with mild, fragrance-free cleansers (see recommendations below).
- Limit soaps — soap underarms, groin, and feet; use water for the rest of your body.

Moisturizing

- Towel dry immediately and moisturize the entire body within 2–5 minutes of drying.
- If you have a prescription medication, apply it first to affected areas, then follow with moisturizer all over.
- Moisturize twice a day if your skin feels dry or itchy.
- If you live alone, consider a back applicator from a pharmacy or Amazon to help reach difficult areas.

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.

Comfort Measures

- Keep nails short to reduce damage from scratching.
- Use a humidifier in the winter.
- Keep indoor temperatures moderate — avoid overheating.
- Consistency is key — daily gentle care and regular moisturizing are the best defense against eczema flares.

Recommended Cleansers

- Cetaphil | CeraVe | La Roche-Posay | Eucerin | Aveeno | Dove | Vanicream

Recommended Moisturizers

- Vaseline | Aquaphor | Cetaphil | CeraVe | La Roche-Posay | Eucerin | Vanicream