



## Recommendations for Dry Skin

### **Bathing**

- 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 needed. Use a mild soap, such as Tone, Caress or unscented Dove.
- 4) If your skin is very dry, Cetaphil or Aquanil lotion are alternatives to soap.
- 5) Reduce bathing time to 15 minutes, and always apply a moisturizer immediately after bathing.
- 6) Do not use bubble bath.
- 7) After bathing, pat your skin with a towel to dry gently.

### **Moisturizers, Creams and Ointments**

- 1) Use moisturizers several times a day, especially after bathing to “lock in” moisture. One recommended moisturizing cream is Caliderma Replenishing Cream.
- 2) Prescription creams and ointments should be applied to affected areas. Moisturizers are best applied at different times. If applied at the same time as prescription ointments or creams, always apply the prescription medication first.
- 3) Do not use colognes, perfumes, sprays or powders on your skin.

### **Clothing**

- 1) Use unscented laundry products – both detergents and fabric softeners. If dry skin or inflammation persists with lubrication or prescription medication, you can also double rinse clothes after washing.
- 2) Do not wear tight or rough clothing. Wool clothes and new clothes can be irritating.

### **Miscellaneous**

- 1) Avoid saunas and steam baths. Keep environmental temperatures on the cool side.
- 2) For extreme dryness, a humidifier or vaporizer may help. Remember to keep it clean or molds may spread throughout the humidified area.