

## **DRY SKIN CARE**

### **BATHING**

- When bathing, showering, or washing hands, the water should be lukewarm to cool, not hot.
- Use soap sparingly (armpits, face, and groin only) and minimize soap contact time with the skin (rinse off immediately).
- Avoid deodorant/antibacterial soaps. Use Cetaphil liquid cleanser.
- Short bathing times are best.
- Gently pat your skin dry and apply heavy moisturizer such as Elta Melting Moisturizer immediately after bathing while your skin is still wet. This helps keep your skin well moisturized.

### **CLOTHING**

- New articles of clothing should be washed before worn.
- Avoid fabric softeners/dryer sheets. Use “free” laundry detergents such as All Free and Clear. Consider double rinsing clothes if detergents are used.
- Avoid wool and tight clothing as they may increase itching.
- Wear cotton clothing if possible.

### **MOISTURIZERS**

- Use an oil-based moisturizer such as Elta Melting Moisturizer.
- Moisturizers without dyes (no colors) or fragrances are preferred.
- The heavier creams such as Elta Melting Moisturizer are more effective, but may leave your skin feeling greasy. You might use these immediately after bathing and the less thick moisturizers and lotions during the day.

### **SCRATCHING/RUBBING**

- Avoid scratching and rubbing as much as possible! Rub gently if you are itchy.
- You may need to take Benadryl or Claritin for itching.
- Apply a cool compress or baggie of ice cubes to very itchy areas to help reduce the irritation.
- For severe itching, an over-the-counter product called Sarna lotion may be helpful.

### **COSMETICS**

- Avoid any products with fragrances and perfumes or products with a good smell.
- Avoid using cosmetics on irritated or red skin.