

Recommendations: Caring for Dry Skin

In the shower or bath:

- Use lukewarm water. Avoid water that is too hot or too cold.
- Use enough soap to remove dirt and oil but avoid using so much that you see a thick lather. Use soap only in the areas that become stinky, such as the underarms, groin, buttocks, and feet. Allowing water to rinse without soap is enough to clean all other areas daily.
- Avoid vigorous scrubbing with a washcloth, sponge, or brush. Just use your hands to wash.
- Use a fragrance-free mild soap. Some examples of gentle products include:
 - Dove® bar soap (unscented)
 - Cetaphil® wash (note- this soap does not lather but it is still working)
 - CeraVe® Hydrating Cleanser
 - Vanicream® Cleansing bar soap
- Limit time in the shower or bath to 5-10 minutes.
- Do NOT use bubble bath.

After showering or bathing:

- Gently pat your skin dry with a towel.
- Moisturize within a few minutes of getting out of the shower or bath to "lock-in" moisture. You may need to use moisturizers several times a day. Use a gentle, fragrance-free moisturizer. Some examples of gentle moisturizers include:
 - Cetaphil® cream
 - CeraVe® Moisturizing cream
 - Vanicream® Moisturizing Skin Cream
 - Aquaphor® or Vaseline® petroleum jelly
 - Aveeno® Daily Moisturizer
 - Eucerin® Hydration Lotion

Other tips:

- Avoid using colognes, perfumes, and scented sprays, as these can irritate sensitive skin.
- Use unscented laundry products- both detergents and fabric softeners.
- Always apply your prescription medications (creams and ointments) first when needed! Then apply your moisturizer.
- Try to avoid wearing tight or rough clothing. Wool clothes and new clothes can be irritating. Consider wearing silk or cotton clothing underneath irritating fabrics.
- During the dry winter months, a humidifier can help prevent dry skin. Remember to keep the humidifier clean to avoid mold development.