

## Recommendations: Caring for Dry Skin

- Take lukewarm baths. Water that is too hot or too cold can cause dry skin. Keep baths or showers to 5-10 minutes or shorter.
- Gently wash with fingertips, avoid using washcloths or loofahs.
- **Use mild, fragrance-free bar soap** such as Dove, Neutrogena, Aveeno.  
Note: Ivory, antibacterial, deodorant, or perfumed soap is too harsh! Liquid body wash also tends to dry out skin more than gentle bar soaps.
- If you take tub baths, you may add mineral oil to the water but only in the last few minutes. (This lets your skin get hydrated before you add the oil.)
- Pat dry after washing. No vigorous rubbing with the towel.
- **Immediately after bathing, pat skin dry, apply moisturizer/emollient. This seals water in the skin. In general, ointments or oils are better than creams, and creams are better than lotions. Use fragrance-free products such as: Vanicream®, CeraVe®, Cetaphil®, Eucerin® Aquaphor®, or petrolatum (Vaseline® ointment). Reapply throughout the day as needed to keep your skin moisturized.**
- Keep moisturizers near the tub for accessibility. They may be warmed by immersion in bath water.
- Humidify your home, if needed.

### Hand Care

- Minimize hand washing, especially repeated “wet-dry-wet” cycles of hand washing and drying. Instead, alternate hand washing with using fragrance free hand sanitizer.
- Use mild, fragrance free bar soap such as Dove®.
- Pat hands dry - no blow drying. Moisturize immediately with fragrance-free ointment or cream every time after washing your hands or using hand sanitizer. (Try the moisturizers we suggest above.)
- For very dry, cracked skin, you can try Gloves in a Bottle® hand moisturizer.
- Protect yourself and avoid irritants such as detergents or harsh cleaners.
- Wear cotton gloves for dry, dusty work.
- For wet work, use cotton-lined plastic or rubber gloves. Or wear separate thin cotton gloves under plastic gloves.
- If you have fissures, keep Vaseline® ointment and a Band-aid® on them until they are healed.