

Dry Skin Care

Dry skin can cause itchiness and worsen skin conditions. Many common practices will worsen dry skin including frequent bathing, hot long showers, low humidity and certain types of heat in the home during the winter months. Below you will find some strategies to treat/ prevent dry skin.

Minimize bathing

This is usually where people stop reading, however it is important to recognize that daily bathing removes the natural oils that help keep the skin moist. In cases of severely dry skin, once weekly bathing is ideal.

Bathe/ shower quickly

Keep showers/ baths to 5-10 minutes with lukewarm water

Use moisturizing cleansers instead of soap

Some examples include Cetaphil, Dove and CeraVe to name a few

Moisturize often

Immediately after bathing apply any prescription medications to moist skin. Then apply a moisturizing cream liberally. Recommended creams are those that are targeted towards the treatment of eczema such as Aveeno Eczema Care, Cetaphil or CeraVe. Moisturize at least twice daily.

Humidifier use

Humidifier use in the bedroom is recommended, especially during the cold dry winter months.