

Dry Skin Care

Washing/cleansing:

Bathe or shower daily using **lukewarm water**

- Avoid hot water and keep bath or shower to under 10 minutes.
- **Do not scrub** with a washcloth, sponge, or brush.

Use a **mild soap or a mild non-soap cleanser** (see below)

- Dr. Z's rule: "You only need to wash your private and your smelly parts."
- Unless you are covered in dirt and sweat, don't put soap on your entire body! It just dries your skin

After bathing, gently **pat** your skin dry

Medication and moisturizing:

Immediately (within 2 minutes of bathing/showering) apply topical medication

After applying medication, apply moisturizer.

- Use moisturizers at least twice during the day (in addition to the one after bathing) to the whole body
- Ointments are better than creams, which are better than lotions.

Laundry:

Use a small amount of **unscented laundry products**.

- Consider double rinsing laundry after washing in top load washers
- Do not use fabric softener or dryer sheets. Both are full of chemical irritants that don't get rinsed out of the laundry.
- Instead purchase/use dryer balls to fluff and more rapidly dry your clothes (good for the environment too!)
- You can try Meyers (or similar brand) dryer sheets if some natural oils are tolerable for you

Other important recommendations:

Do not wear tight, synthetic, or rough clothing: **cotton is best**

Keep fingernails clean and short. Scratching (often in your sleep) can make the rash worse or cause infection.

Keep the temperature and humidity in your home fairly constant. You may want to use a humidifier or vaporizer in the winter BUT! Remember to keep it clean or molds may spread throughout the humidified area.

Moisturizing strips on razors can be very irritating, so chose a razor without a strip or look for strips for sensitive skin.

Recommended Cleansers/soaps to try:

Dove unscented soap

Aveeno brand soaps or washes

Cetaphil liquid cleanser for especially sensitive or dry skin

Recommended Moisturizers to try:

Cetaphil cream (in a tub; the brand name is much less greasy than generic)

Aveeno brand

Curel

IF you have been told you have keratosis pilaris:

Lac Hytrin or Am Lactin 12% lactic acid lotion

- This can burn already irritated skin so **DO NOT use it on inflamed skin!** It is very effective to decrease the bumps at hair follicles that get irritated when they are dry and which can then cause increased itchiness and an eczema flare. You have to ask the pharmacist for it, from behind the counter. You have to use it daily to help the skin turn over.

Alpha hydroxy acid lotions will give similar results, but not generally as effective