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PATIENT INFORMATION SERIES

4. DRY SKIN CARE

You are being treated for a condition associated with dry skin. This is a very common ailment.

1. "Moisturizers" do not really put moisture back into your skin. They simply seal in the moisture that is already there.

2. Put moisture in your skin by washing, bathing or showering. Apply the moisturizer as soon as possible after wetting the skin. Apply moisturizers after each hand washing, bath, or shower. Repeat as often as possible.

3. The thicker the moisturizer, (the more it is like Vaseline), the better it is. The thinner or more watery it is, the less effective it is. The trade off is that thin moisturizers are more cosmetically elegant and neater. The better moisturizers are thicker but messier.

4. Avoid soap or minimize its use. Soap removes the natural oils from the skin and damage the skin's natural water barrier. This dries out the skin very rapidly.

5. Avoid very hot water or very long showers or baths with very hot water. This also removes the skin's natural oils.

6. If you have been given a prescription, apply it after washing. Apply moisturizers after the prescription.

Some suggestions-

8. For HANDS: use *Neutrogena Norwegian Formula Hand Cream* (unscented).

9. For FACES: use *Curel, Cetaphil* or *CeraVe*.

10. For BODIES: in order from the thickest to the thinnest: *Vaseline, Aquaphor, or Eucerin*. If you would like to use a single product for the face and body, use *Curel, Cetaphil* or *CeraVe*. For babies, try *J&J's creamy baby oil*.

11. SOAPS: for the shower use *Dove* or *Tone*, they are the mildest. For the face use *Cetaphil*.

12. SHOWER: use *Alpha-Keri Bath Oil* immediately after bathing or showering. Do not put this in the bath water. Apply to hands and then apply to body while the skin is still wet. Towel dry after you apply it.

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