

Dry Skin Care:

Dry skin can cause itchiness which leads to scratching. This can cause bleeding, thickening of the skin, and secondary bacterial infections.

Many common practices will worsen dry skin including frequent bathing, hot long showers, low humidity and forced heat in the home during the winter months.

Here are some strategies to treat and prevent dry skin. Minimize bathing. 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 or shower quickly. Keep showers or bathing to 3-5 minutes with lukewarm water. Avoid bubble baths. Use moisturizing cleansers instead of soap. Some examples include Cetaphil Restoraderm, Dove, and Aveeno "Eczema Care" to name a few. After bathing pat dry.

Moisturize often especially after bathing. Apply any prescription medications to moist skin. Then apply a moisturizing cream on top the medicated cream. Recommended creams are those that are targeted towards the treatment of eczema such as Aquaphor, Cetaphil Restoraderm or Aveeno Eczema Care. Moisturize at least four times daily. Humidifier use in the bedroom is recommended, especially during the cold dry winter months.