



Recommendations For Dry Skin Care

1. Always use lukewarm water when possible. Avoid very **HOT** or **COLD** water.
2. Avoid saunas and steam baths. The temperature is too **HOT**.
3. Do **NOT** vigorously scrub when you cleanse your skin.
4. Use very little soap. Some examples of mild soaps include unscented *Dove*, *Basis*, and *Cetaphil*.
5. Keep bathing time **SHORT**, ideally less than 15 minutes. Do **NOT** use bubble bath.
6. **ALWAYS** apply a moisturizer immediately after bathing. This helps to “lock-in” moisture.
7. After bathing, **PAT** your skin lightly with a towel. Do not rub or scrub.
8. Use your moisturizer several times a day to your whole body. Good summer moisturizers include: *Lubriderm* and *Cetaphil* lotions. Winter moisturizers should be stronger and include: *Aquaphor*, *Vaseline* and *Eucerin* cream.
9. Do not use products such as powders, perfumes or colognes on your skin.
10. Use unscented hypo-allergenic laundry products such as *Dreft*, *Purex* and *All*. If the skin is still very dry, you can try **DOUBLE-RINSING** your clothes.
11. Remember to apply prescription creams to affected areas only.
12. It is best to use moisturizers and prescription creams at **DIFFERENT** times during the day. If applied at the same time, always apply the prescription cream **FIRST**.
13. Avoid tight or “scratchy” clothing such as wool. Always wash new clothes before wearing for the first time.
14. Sometimes a humidifier or vaporizer, used at night, can help with dry skin. Remember to keep it clean to avoid mold growth.

This is the medical opinion of Savannah River Dermatology. For additional information, please contact our office at 706-691-7079.