

Dry Skin

What Causes Dry Skin?

Dry skin is a problem for many people, especially in cool weather when the air is dry. Dry air causes the skin to lose moisture and then chap and crack. These chapped, cracked areas may become irritated and itchy.

Supplies:

Soap – Cetaphil Gentle Cleanser or Cerave Cleanser

Moisturizing Cream –Cetaphil or Cerave

Water – Lukewarm or cool only (hot water may feel good, however it ultimately dries out the skin, making the itch worse)

Cerave can be found at Wal-mart, Rite Aide, Walgreens and Target.

Directions:

- 1) Shower/bathe a maximum of once per day.
- 2) Only use cleansers on your face, hands, feet, armpits and groin
- 3) Do not use soap on the areas of your body with dry skin
- 4) After rinsing, *lightly* towel off
- 5) Apply medication and/or moisturizer within 45 seconds of exiting the shower. This traps the moisture in before it can evaporate. (Apply your medication first, then apply moisturizer to all other areas.)

Long Term Control

Dry skin is usually a long-term problem that recurs often, especially in the winter months. When you notice your skin becoming dry, resume your lubricating routine, and carefully avoid the use of soaps. Also try to utilize laundry detergents that are FREE of dyes and fragrances, and try to avoid using fabric softeners. If the dry itchy skin returns, utilize the lubricating routine and the prescription cream/ointment until the symptoms resolve.

If you have any further questions please call the Dermatology Clinic of Idaho at (208) 939-4599 or (208) 376-4776