

DRY SKIN CARE INSTRUCTIONS

1. The use of mild soaps is recommended, (body washes can also help moisturize). The use of antibacterial and deodorant soaps can be very drying.

Examples: CeraVe, Caress, Dove, Tone, Purpose and Olay (Oil of Olay) etc.

2. Avoid long, hot showers/baths. These can be very drying to the skin. Quick, warm showers, baths are not as drying and are recommended. Blotting dry instead of rubbing dry with a towel and immediately using a thick moisturizing cream will help keep the moisture in the skin.

3. Creams typically are better than lotions. Creams are thicker and moisturize better.

Examples: Eucerin Cream (very thick), Cetaphil Cream (not too thick) and a very inexpensive moisturizer is Crisco shortening (no, we are not kidding). CeraVe is a new moisturizer with ceramides. Vanicream is good for people with very sensitive skin.

4. A humidifier in the house can also be very helpful.