

# Summit Dermatology, P.C.

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## Dry Skin Care Instructions

- 1.) The use of mild soaps such as: CeraVe Hydrating Cleanser, Caress, Dove, Purpose and Oil of Olay are recommended. The use of antibacterial and deodorant soaps such as: Ivory, Irish Spring and Dial soaps can be very drying and are discouraged.
- 2.) AVOID long, hot showers/baths. These can be very drying to the skin as well. Quick (15 minutes), warm showers/baths are not as drying and are recommended. We recommend blotting the skin versus rubbing dry with a towel and IMMEDIATELY (within 2 minutes of getting out of the shower) using a thick, **ceramide based, moisturizing cream** to help retain/replenish the moisture in the skin.
  - ❖ **Examples of ceramide based moisturizers:** CeraVe cream, Aveeno Intense Moisture cream, Aveeno Eczema Therapy, Eucerin Eczema Relief cream and Cetaphil Restoraderm cream. These products are fairly inexpensive and can be found at Walmart, Walgreens, Target or at your local grocery store.
- 3.) Creams, in general, are better than lotions, Creams are thicker and moisturize better.
  - ❖ **Examples:** Crisco Shortening (no, we are not kidding), Vanicream- is good for those with very sensitive skin.
- 4.) A humidifier in the house can also be very helpful.