



Dry Skin Care Instructions

- 1) We recommend using mild soaps such as: CeraVe Hydrating Cleanser, Caress, Dove, Purpose, Tone, Aveeno, Cetaphil, and Oil of Olay. In most cases the soaps you think of as gentle, and moisturizing are good. We discourage the use of antibacterial or deodorant soaps such as Ivory, Irish Spring, and Dial since these can be very drying and irritating.
- 2) Avoid long hot showers or baths. These can be very drying to the skin as well. Short showers or baths with warm or tepid water are recommended. We recommend patting the skin dry with a towel instead of rubbing, and then immediately (within 2 minutes of getting out of the shower) applying a thick moisturizing ointment or cream to help retain/replenish the moisture in the skin.
- 3) Creams and lotions both moisturize, but in general creams are thicker and moisturize better. We recommend those that include ceramides as one of their ingredients. This helps to replace the oils and fats that your skin naturally makes. Most moisturizers don't include ceramides, but many brands will have some that do. The ceramides in CeraVe work better than most brands.
 - **Examples of ceramide based moisturizers:** CeraVe products, Aveeno Intense Moisture cream, Aveeno Eczema Therapy, Eucerin Eczema Relief cream and Cetaphil Restoraderm cream. These products can be found at most stores.
 - **Other moisturizers:** Crisco Shortening (no, we are not kidding) is great for skin that is really dry when other moisturizers burn. Vanicream is a product where they eliminate many of the things that can irritate skin like dyes, fragrances, and preservatives. This is good for those with very sensitive skin or allergies to topical products.
- 4) A humidifier in the house can be very helpful, especially during the winter months.
- 5) **Callused Heels:** Besides mechanical treatment there are some OTC creams that can help. Products with alpha hydroxyl acids – AmLactin, those with salicylic acid – CeraVe SA, or Urea can exfoliate and help reduce calluses. These may burn if applied to broken or split skin
- 6) **Split skin on the fingertips or heels:** Good moisturizers like CeraVe hand cream, or other creams, can help prevent splits. When you get splits, apply Aquaphor Healing Ointment, Vaseline, or other petroleum jelly and cover with a bandaid. This will help splits heal much quicker than if you leave them open and dry.
- 7) **Chapped lips:** Aquaphor and Vaniply applied to the lips frequently throughout the day can help significantly, even more than lip balm. Lip balm with SPF is recommended for daily use to help protect from the sun. Repeatedly licking the lips is discouraged since this can worsen dry lips.