



## Dry Skin Care

1. Limit showers or baths to once per day, and no longer than ten minutes.
2. Use lukewarm water. Very hot water can worsen dry skin.
3. Wash with a gentle soap, like Dove or Cetaphil. Avoid antibacterial soaps, as they are often too harsh for those with dry skin issues.
4. Apply thick emollient creams or ointments right after a shower or bath after you gently pat dry.
5. Moisturizer should be applied at least once more during the day (at least twice a day total). Using moisturizer at least twice per day is crucial to managing dry skin successfully.
6. If you have a topical steroid or other topical prescription medication to use, put that on first and rub it in well. Then apply the moisturizer on top of that.
7. Thick creams and ointments are better moisturizers than lotions. Examples of these include (but are not limited to) CeraVe cream, Eucerin cream, Vanicream cream, and Aquaphor ointment. Lotions have a high water content and should generally be avoided in those with real dry skin issues.