



## **DRY SKIN CARE TIPS**

### **DO's**

- Use Dove soap for sensitive skin cleansing bar, or other gentle soap.
- Soap should be used sparingly to all body parts except the groin, under the arms, skin folds and between the toes.
- After bathing, the skin should be patted dry and not rubbed dry.
- After drying off, as soon as possible, apply CeraVe cream, Cetaphil cream, or other recommended cream \_\_\_\_\_ all over the skin. These products are over the counter.
- Use a cool mist humidifier in your room at night. This will put moisture back into the air, and hopefully will help keep your skin from drying out.
- If itching persists, you may try (over the counter):
  - Sarna lotion
  - Eucerin Calming Cream
  - CeraVe Itch Relief Moisturizing Cream
  - If needed, you may try over the counter Benadryl 12.5mg for itching. Benadryl tablets often come as 25mg tablets; break it in half to obtain the 12.5mg dose.

### **DON'Ts**

- Shower no more than one time daily in warm (not hot) water for 5 minutes or less.
- Do not scrub with a wash cloth.
- Do not apply rubbing alcohol to your skin.
- Do not scratch or rub your skin.
- Avoid long exposure to fire places, because they can dry out skin.

**Please contact the office if you have any questions or concerns.**