



# EAST TENNESSEE DERMATOLOGY GROUP

## Dry Skin Care Tips

- Do not take long hot showers/baths as this strips the natural oils from your skin. Take short 5-10 minute warm showers/baths.
- Use a gentle shower gel with moisturizer, unscented soap free cleanser or a mild soap cleanser when bathing. (Examples include: Dove sensitive skin, Cetaphil gentle skin cleanser)
- Pat dry your skin after showers/baths. Do not rub your skin dry after bathing.
- Apply ointments or creams immediately after bathing to lock in moisture. (Examples include: Aquaphor ointment, CeraVe cream, Vanicream, Cetaphil cream, Eucerin cream)
- Use a sunscreen daily with an SPF of 30 or more.
- Cool mist humidifiers are helpful in the colder months when the humidity levels are low.
- Drink adequate amounts of water to stay hydrated.
- Use “free and clear” laundry detergents (free of perfumes and clear of dyes).
- We do not recommend using dryer sheets as they can leave a residue on clothing, which can irritate dry skin.
- If dry skin causes itching, apply a cool compress to areas of itching. Over the counter oral Benadryl or topical Sarna lotion per label directions can also be helpful. If the itching is severe, we can provide you with various oral or topical prescription medications.