



Dry skin makes many skin conditions worse, *especially itching*. Dry skin worsens in the winter time (less humidity and more forced dry heat) and with age (older skin doesn't produce the oils of younger skin). The solution is simple, but requires **consistency** and **frequency-forever!** Put moisture back in your skin with these tips.

1. **Use lukewarm water:** hot water may feel better while bathing but it dries your skin. Avoid hot water. Baths are better than showers as long as you don't stay in too long.
2. **Avoid Soaps & Alcohol based lotions:** these often worsen dry skin. Use the lather from your shampoo or soap alternatives, which are less drying. You only need to clean visibly dirty areas, the face and skin folds.
3. **Bath oils (Robathol, Aveeno, Neutrogena)** can be added to reduce itching and moisturize your skin.
4. **Moisturize:** after bathing, pat dry and moisturize immediately to seal in the moisture. Many excellent moisturizers are available (See list). Several key points: **Frequency-** moisturize at least twice daily (after bathing and before bed). **Prevention-** Don't just moisturize the dry areas. Cover everything you can reach. Use creams in the day time and ointments at night.
5. **Occlusion:** for the driest areas, occluding the skin helps absorption of the moisturizer or medication. Use kitchen saran wrap for body areas and cotton gloves for your hands to seal in the moisturizer.
6. **Humidifier:** this is very helpful for your bedroom, especially in the winter. Clean your machine frequently to avoid mildew/molds.
7. **Trauma:** Cut your nails short so that you do not harm the skin further by scratching.
8. **Steroids:** These medications only temporarily calm the angry skin and work best if you also moisturize. The long-term fix is moisturizing!
9. **Vigilance:** keeping your skin moist is a lifelong task. Do more or less depending on your skin condition, but always moisturize twice daily!

### Moisturizers\*

- Cerave cream
- Aveeno Intensive relief
- Cetaphil cream
- Vanicream ([www.psico.com](http://www.psico.com))
- Aquaphor ointment
- Amlactin XL lotion/Lachydrin cream
- Carmol 20 cream

### Soap alternatives & Bath oils\*

- Cetaphil cleanser
- Free & Clear ([www.psico.com](http://www.psico.com))
- Aveeno oildated bath
- Robathol Bath Oil ([www.psico.com](http://www.psico.com))

### Sun Protection\* (Lotion, Spray, Foam. SPF ≥ 30, UVA & UVB protection)

- Elta MD sunscreen
- Aveeno Facial Ageless
- Neutrogena Ultrasheer
- Blue lizard, Bullfrog
- Vanicream ([www.psico.com](http://www.psico.com))
- La Roche-Posay Antihelios XL
- Sovis Sunvisor ([www.sovis-usa.com](http://www.sovis-usa.com))
- Clothing: Coolibar, Sun Precautions
- UV Sensense bracelet  
[www.uvsunsense.com/](http://www.uvsunsense.com/)
- Sunguard detergent  
<http://www.sunguardsunprotection.com>

\*Your physicians have recommended these products based on their experience and preferences without financial gains from the product companies.

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