



# Caring for Dry and/or Sensitive Skin

Your skin requires daily attention. Just as you brush your teeth daily, so should you bathe and moisturize your skin on a daily basis. Many skin conditions can be improved by these simple measures:

## **Bathing**

- Every day, you should take a brief shower or bath. Use lukewarm (not hot) water.
- Use a mild, unscented soap or cleanser. Examples include: White Unscented Dove, Cetaphil (Bar or Liquid Cleanser), Basis, Vanicream cleansing bar, Aveeno Dry Skin Soap (bar or liquid), or Purpose soap. Consider switching to Free and Clear Shampoo and Conditioner.
- Because soap can be drying, consider washing “key areas” such as the armpits, groin, and dirty areas.
- After bathing, pat skin your “half-dry” with a towel. You **should not** rub the towel back and forth across your skin.
- Immediately apply your moisturizer. It is important that this is done within three minutes of drying. Examples include Cetaphil Cream (not lotion), Aveeno Cream (not lotion), Vanicream, Eucerin Cream (not lotion), Petroleum Jelly (Vaseline), or Aquaphor Healing Ointment.
- If you have been given a prescription cream or ointment, you can apply this to the affected areas, and then moisturize your remaining skin with an over-the-counter moisturizer as listed above.

## **Between Baths**

- Use moisturizers at least one other time during the day. For very dry skin, it is helpful to sprinkle lukewarm tap water on the skin before applying the moisturizer.

## **Shaving, Perfumes, and Hair Care**

- There are very few products on the market that are truly fragrance free (“unscented” is a term that can be used when two fragrances are used to “mask” one another, and is not the same thing!).
- Avoid using colognes, aftershaves, and perfumes. Consider switching to Free & Clear Hair Spray, and look for Aveeno or Edge unscented shaving gel.

## **Laundry**

- Wash all new clothes at least twice before wearing.
- Ensure that your detergent is **fragrance free** (unscented is not the same thing!). Recommended detergents are Cheer-Free, All-Free, and Tide-Free.
- Do **not** use fabric softener in the washer or dryer (do not use liquid or dryer sheets). They contain very strong fragrances and chemicals.

## **General Guidelines**

- Avoid rough or tight fitting clothes, and avoid excessive heat or cold. Sweating can dry out your skin.
- Keep fingernails short to avoid scratching.
- During the winter months, heaters can dry the air and your skin. Consider purchasing a humidifier, but remember it needs to be cleansed regularly.