

Dry Skin Regimen

Barry D. Goldman, M.D.

Anna Krishtul, M.D.

Dryness is a consequence of diminished water and/or oil content of the skin. It occurs naturally with aging and often worsens during winter months when humidity drops. By incorporating these simple recommendations into your daily routine, you will significantly improve the appearance of dry skin and associated itching/discomfort.

- **Take one brief shower per day** – Prolonged and/or frequent exposure to water and soap will cause more dryness. Keep your showers to 5-10 min long. Avoid bubble baths. If you exercise or swim, understandably, you may need to take a shower afterwards, but keep in mind that you still want to keep your exposure as brief as possible.
- **Avoid hot water** – Use warm water for bathing. Hot water may feel great in the shower but will cause more dryness and itching long-term.
- **Use gentle fragrance-free soap or soap-free cleanser** – these are just some suggestions:
 - * CeraVe Hydrating Cleanser
 - * Dove Sensitive Skin Unscented Beauty Body Wash or Beauty Bar
 - * Cetaphil Gentle Skin Cleanser or Gentle Cleansing Bar
- **Moisturize immediately after bathing** – It is best to pat your skin dry with a towel, leaving it just a bit damp, and then apply the moisturizer right away. By doing so, you will effectively seal all the moisture in your skin. Creams and ointments are preferable since they trap the water better. Moisturizers should also contain NO lanolin and have NO or MINIMAL fragrance. Below are just some suggestions:
 - * Vaseline Petroleum Jelly (heavier)
 - * CeraVe Moisturizing Cream
 - * Eucerin Dry Skin Therapy Calming Crème
 - * Cetaphil Moisturizing Cream, Fragrance Free
- **Use humidifier** – Humidity drops precipitously during winter months once the heat is turned on in our homes, thus contributing to dry skin problem. At the very least, obtain a humidifier for your bedroom and keep it on at night.