

SKIN CARE FOR DRY SKIN AND ECZEMA

PATIENT INSTRUCTIONS

Prescription medications for dry skin or eczema work best when supported with this simple 2 step hydration protocol consisting of daily bathing and moisturizing

STEP 1: BATHING/HYDRATING YOUR SKIN



Use gentle, non-irritating hydrating skin cleansers

- Bathe in lukewarm water, each bath lasting about 10 minutes in length. Water that is too hot or too cold can irritate the skin and should be avoided.
- Avoid showering. Baths allow the water to slowly soak into the skin and gently hydrate the soft tissues. Showering does not allow water to enter the skin as well as a bath.
- Do NOT add anything else to the bath, only water. Oils, bubble liquids, bath bombs, fragrances, bath treatments or anything else may interfere with your treatment.
- Do NOT use soap. Soap can be very drying and harsh on the skin.
- Do NOT scrub, as this will irritate the skin. Only brief contact time and gentle cleansing is required.
- The only areas that really require cleansing agents are the armpits, groin, buttocks and hair, as these sites are strong sources of oils and odors. For the rest of the skin, water alone will do.
- To clean the hair, use a gentle shampoo only to the hair, and only at the end of the bath.
- Dry the skin by gently patting with a cotton towel - do NOT wipe or rub the skin dry.

STEP 2: MOISTURIZE YOUR SKIN



Apply moisturizer to all affected areas

- Immediately apply a moisturizer to all dry areas of the skin, ideally when the skin is still a little bit damp following your pat dry.
- Avoid moisture loss due to evaporation, it is crucial that a non-irritating, fragrance-free moisturizer be applied to all areas that are prone to dryness. The moisturizer acts as a sealant to "lock in" the moisture you got from the bath.



Use gentle, non-irritating fragrance-free moisturizers

Suggested gentle, non-irritating cleansers

- CeraVe Hydrating Cleanser
- CeraVe Hydrating Cleanser Bar
- Cetaphil Gentle Skin Cleanser
- Cetaphil Cleanser Bar

Suggested gentle, non-irritating shampoos

- CeraVe Baby Wash & Shampoo
- Vichy Dercos Mineral Soft Shampoo
- Vichy Dercos Dermo-Soothing Shampoo
- Ducray Sensinol Physio-Protective Shampoo

Suggested gentle, non-irritating shampoos

- CeraVe Moisturizing Cream/Lotion
- Cetaphil Moisturizing Cream/Lotion
- La Roche-Posay Lipikar Baume AP+
- La Roche-Posay Lipikar Stick AP+