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DRY SKIN CARE

This handout was written to answer some common questions about caring for dry skin. Feel free to ask Dr. Beer or Hillary to review any additional information with you.

HOW SHOULD I TAKE CARE OF MY SKIN?

1. Use body temperature or lukewarm water for bathing. Avoid taking long, hot baths. Daily bathing is recommended.
2. Use a small amount of superfatted soap for cleansing. Remember to rinse the skin well. Recommended soaps include: Dove® body wash and Cetaphil® body wash.
3. After bathing, pat the skin dry with a soft towel. Do not briskly rub the skin.
4. You may apply an appropriate bland moisturizing ointment or cream like Vaseline Petroleum Jelly®, Theraplex Clear, Aquaphor®, Eucerin®, Cetaphil®, or CeraVe cream. This will work best if applied 3-5 minutes after the bath/shower while the skin is still damp.

WOULD A WATER SOFTENER BE USEFUL?

If you have hard water in your area, a water softener may be beneficial.

WOULD A HUMIDIFIER HELP MY DRY SKIN?

A humidifier may be helpful in your house, especially during the winter months.

ADDITIONAL TIPS

1. Avoid fabrics that may irritate the skin (e.g. wool).
2. Avoid smoky environments.
3. Minimize amount of skin exposed when outside air is very cold and dry.

If despite the above recommendation your skin continues to be dry please call the office for an appointment. Skin conditions often flare and may need a prescription medication for a short duration to heal.

www.palmbeachcosmetic.com

for practice information

www.idealskin.com

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