

Dry Skin Care

The following steps in a daily skin care routine can help keep skin moist.

1. Children with dry skin should take a bath or shower every day. The water should be luke warm, not hot.
2. Use Cetaphil Gentle skin cleanser or aquaphor baby instead of soap
3. Gently pat the skin dry
4. Apply a moisturizing cream or ointment all over within three minutes after getting out of the bath or shower to stop the water from evaporating from the skin.
5. Ointments such as petroleum jelly or aquaphor are best, unless their thickness causes discomfort.
6. Creams like cetaphil, eucerin and vanecream are more comfortable than ointments and are very effective for moderately dry skin. Lotions should NEVER be used because they contain water, alcohol or lanolin which evaporate and can make dry skin worse.
7. When a cortisone cream or gel is prescribed it should be applied on moist skin to maximize absorption. Then apply the non-prescription moisturizing cream. Cortisone should be applied sparingly. Apply a thin film to inflamed patches when needed and discontinue when the rash improves.
8. Mimyx is a non-steroid, prescription cream. When mimyx is recommended, apply it once or twice a day on an on-going basis to control eczema and prevent the condition from recurring.