



Dry Skin Care

1. Use moisturizing soaps and only sparingly. Examples include:
Cetaphil Dove Cerave
Aveeno Aquanil
2. Avoid hot water. Use lukewarm/cool water with shower/bath.
3. Take showers/baths at most once per day. Limit to 10 minutes or less-keep your showers short.
4. Towel dry lightly leaving skin damp and immediately apply emollients (moisturizer) to wet skin:
Cetaphil cream (**not lotion**) Cerave Cream
Aveeno lotion-green & tan Aquaphor
Eucerin calming creme Vaseline Petrolatum
5. Reapply emollients 3-4 times per day as needed.