

Sensitive Skin Precautions

Skin that is too dry may contribute to a variety of problems including rashes (eczema), itching and increased psoriasis. There are a number of simple things you can do to help with dry skin.

- Avoid showers and baths that are too long or too hot. Use warm, not hot water when you bathe.
- Use a “fragrance free” moisturizing cleanser such as Vanicream bar or Free & Clear liquid soap. Remember, the more you lather and rinse, the drier your skin will become.
- Immediately after bathing, gently pat dry and apply a fragrance-free lotion all over your body. This will help lock in some of that moisture into your skin. Make this a daily routine.

Recommended Moisturizer:

Vanicream – creams, lotions or sunscreens: Sold here, Walgreens, Rite Aid, Amazon.com, Issaquah Medical Center Pharmacy or Custom Prescriptions in Bellevue (call local stores for availability)

SkinFix - balms, creams, ointments or wash: Sold online at www.skinfixinc.com/us, Amazon.com, Ulta Beauty or Target stores (call local stores for availability)

DML – products available online from Person & Covey or contact 1-800-423-2341

*Try to avoid all fragrance skin care and laundry products. Make sure they say “unscented” or “fragrance free” detergent. Avoid fabric softener and dryer sheets.

*In the winter, consider using a humidifier for your bedroom.

*** For dry chapped hands, you will need a stronger, greasier moisturizer. Some good ones include Neutrogena Norwegian Formula hand cream, Cetaphil hand cream and plain old Vaseline petroleum jelly. Another good product to use during the day is over the counter CeraVe Therapeutic hand cream or Theraseal Hand Protectant (by Healthpoint, needs to be ordered by the pharmacist). These form a protective barrier over the hands so moisture will tend to bead off. Try putting the moisturizer on at night before bed and then putting on white cotton gloves...your hands will be much softer by morning. Do not forget to re-apply the hand creams periodically during the day, especially if you wash your hands a lot. Always wear rubber gloves when doing any wet-work, such as washing dishes.