

Dr. Tomi Wall's
Dry Skin Recommendations

1. Bathe or shower with lukewarm water—avoid hot or cold water. Reduce bathing time to 5-10 minutes. Do not use a washcloth, sponge, or brush, just use your hands.
2. Use very little soap, and only in needed areas like underarms, undergarment area, and skin folds. A mild unscented soap should be used such as **Cetaphil Liquid Gentle Skin Cleanser, CeraVe Hydrating Cleanser, Dove Sensitive Skin Body Wash, or Aveeno Fragrance Free Active Naturals Skin Relief Body Wash.**
3. **Immediately after bathing**, pat skin with towel, so it is only **partially** dry, then apply moisturizing cream or lotion liberally to skin. This will help to lock in the moisture from your recent shower or bath. Remember to do this right after getting out of the shower or tub. Recommended moisturizers include: **CeraVe Cream, Cetaphil Cream, Vanicream, Aveeno Daily Moisturing Lotion, Aquaphor ointment, or Vaseline petroleum jelly.** Creams and ointments work better than lotions for very dry or eczema prone skin.
4. Use fragrance-free and dye-free laundry detergents such as **All Free and Clear, Cheer Free, Ultra Tide.** Use fragrance-free fabric softener or none at all.
5. A humidifier or vaporizer may help moisten dry skin.
6. For itch, you can take over the counter medications such as Xyzal or Zyrtec once daily. Benadryl can also be taken, but it is best to take this medicine in the evening as it may cause some drowsiness. In some cases, a prescription antihistamine may be given to you. *Before starting any medication, please consult your doctor.
7. Cortisone* creams, oils, or ointments should be applied 1-2 times a day to affected areas. Apply the prescription medicine **first** to the affected area, then wait 10 minutes and apply moisturizer all over. If you can apply after a shower, it may make the medication more effective.

***Cortisone** (steroid) creams and ointments can cause thinning of the skin if used unmonitored for a prolonged length of time. When using cortisone medication, apply a thin layer to the affected area and avoid applying to normal skin. Decrease frequency of use of cortisone or stop as you improve but continue to use moisturizers frequently. Some prescription cortisones are too strong to apply to specific areas of the body. Please follow the directions of your doctor. Never apply cortisone creams to the face or groin unless directed by your doctor.