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A Medical Corporation

Dermatology & Dermatologic Surgery  
Cosmetic & Laser Surgery

## DRY SKIN CARE

Avoid frequent hot baths or showers; use luke warm water instead.

Limit baths/showers to less than 10 minutes.

Use a non-soap cleanser or mild soap. Apply "soap" mainly to "dirty areas" – hands, feet, face, groin, armpits. Use plain water on rest of body or a non-soap cleanser.

Follow the "3 minute rule"; lubricate skin within 3 minutes of bathing while still damp. Repeat 2-4 times a day, if really dry. A list of lubricant creams is given below. Ointments and creams trap more water into the skin than lotions.

Avoid rough or tight clothing or wool next to the skin.

### Mild Soaps:

Toleriane liquid cleanser (non-soap cleanser)  
Aveeno bar or liquid soap  
Eucerin gentle cleanser  
Cetaphil liquid or bar soap (non-soap cleanser)  
Dove  
Oilatum  
Purpose  
Neutrogena for dry skin

Do NOT use medicated soaps; these include Coast, Dial, Irish Spring, Safeguard, Zest, Ivory.

### Lubricant Creams, Ointments and Lotions:

AmLactin Lotion	Moisturel
Aquaphor ointment	Nouriva
Atopiclair (by prescription only)	Nutraderm
Aveeno	Penkera
Ceratopic	Replenaderm
Cerave	Toleriane Lotion
Cetaphil	Trixera
Cutemol	U-Lactin
Lipikar Lotion	Umecta (by prescription only)
Lubrex	Vanicream (especially for allergy prone pts.)
LubriDerm Advanced Therapy	

\* = products available for purchase at our office or on our website.