



DERMATOLOGY
ASSOCIATES OF ITHACA
Healthier Skin Since 1983

DID YOU KNOW?

Ultraviolet rays from the sun are still damaging the skin during the winter and on cloudy days. Use a facial moisturizer with SPF 15 or higher on a daily basis.



Dry skin is also called *xerosis* and can be a sign of a skin condition requiring treatment. A dermatologist can examine your skin and can explain what can help reduce your discomfort.



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DRY SKIN CARE

Dry skin care is important throughout the year, particularly in the wintertime. Low humidity and spending time indoors near the heater takes moisture out of your skin. Adjust your routine throughout the year to replenish moisture, preventing itching, flaking, cracking and even bleeding. The following tips can keep you more comfortable:

1. PREVENT BATHS AND SHOWERS FROM DRYING YOUR SKIN

- Use lukewarm water when showering and bathing. Hot water removes natural oils from your skin, making it dry and itchy.
- Limit your time in the shower and bath to 10-15 minutes.
- Use mild un-fragranced soaps, such as Dove®, and minimize use to areas that tend to get dry, such as the arms and legs.
- Avoid chlorinated pools and hot tubs, which dry out the skin.

2. APPLY MOISTURIZER IMMEDIATELY AFTER WASHING

- Applying moisturizers immediately after a shower or bath, while your skin is still wet, will trap the much needed moisture in the upper levels of your skin.
- Apply any prescription creams or ointments to the affected areas before you apply your moisturizer.

3. USE AN OINTMENT OR CREAM RATHER THAN A LOTION

- Heavy ointments such as petroleum jelly, Aquaphor® or hydrated petrolatum are useful for severely dry areas such as the hands, feet, elbows and knees. Wearing cotton gloves or socks over ointment on hands or feet at bedtime can help with severe dryness and cracking.

4. WEAR LIP BALM.

- Regular use of lip balm with sunscreen is very helpful for chapped lips.

5. USE ONLY GENTLE, UNSCENTED CARE PRODUCTS

- When choosing a moisturizer, look for products that are fragrance free, especially if you have sensitive skin. Ointments and creams, such as Cetaphil®, CeraVe®, or Eucerin®, are more effective than lotions.

6. CHOOSE NON-IRRITATING CLOTHES AND HYPOALLERGENIC LAUNDRY DETERGENT

- Avoid the use of fabric softeners and dryer sheets.

7. ADD MOISTURE TO THE AIR

- Consider using a home humidifier, which is useful in preventing moisture loss from the skin.