



RECOMMENDATIONS FOR DRY SKIN

1. **Bathe daily** using lukewarm water preferably at bedtime - avoid **HOT** or **COLD** water.
2. Do **NOT** vigorously scrub with a washcloth, sponge, or brush. RUBBING = SCRATCHING.
3. A mild, fragrance free, cleanser should be used (such as Cetaphil or Cetaphil Restorederm) to minimize the drying effect.
4. **REDUCE** bathing time to less than 10 minutes. Do NOT use bubble bath, colognes, perfumes sprays, powders etc. on the skin.
5. After bathing. **PAT** the skin dry with a towel gently. Then ***immediately*** apply moisturizer (within 3 minutes). If using a medicated cream or ointment, use the medication first, then the moisturizer.
6. Use moisturizers at least **TWICE** a day to the whole body, once after bathing to 'lock-in" moisture. Ointments are better than creams, which are better than lotions. We recommend petroleum jelly (i.e., Vaseline, Aquaphor) as an ointment and Aveeno, CeraVe, Cetaphil, Eucerin, or Vanicream for their creams.
7. Prescription topical medications should be applied to the affected areas until smooth. Call your doctor if there NO improvement noted after 2 weeks of use.
8. Use a small amount of unscented laundry products such as All-free, Cheer-free, Dreft, or Purex. You can also double rinse clothes after washing. Avoid fabric softeners & dryer sheets.
9. Do not wear tight or rough clothing. Wool clothing and new unwashed clothes can be irritating. Cotton is best.

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10. Keep the temperature and humidity in the home fairly constant. Use a humidifier or vaporizer in the winter. Remember to keep it clean or molds may spread throughout the humidified area.

11. Keep fingernails clean and short. Scratching can make the rash worse or cause infection.

*****FOR FOOD ALLERGY PATIENT:** We recommend skin care products that do not contain food ingredients (i.e. CeraVe or Vanicream). **Patients with food allergy should always read labels for the presence of food ingredients.**

*****Sun protection recommendations:** any sun block (not sunscreen) that is titanium dioxide or zinc oxide based (i.e. Neutrogena Sensitive Skin SPF 30 or Total Block Cotz SPF 58).

*****ONLY IF DIRECTED - BLEACH BATHS** – 1/4 to 1/2 cup of bleach (household bleach) in a full tub of water (approx 40 gallons). Repeat 2-3 times weekly for 10-15 minutes or as prescribed. (Do not use if there are many open areas or breaks in the skin.)

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