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Eczema/Dry Skin Care

It is recommended for patients with sensitive/dry skin, with or without eczema (inflammation and irritation of skin) to consider a few tips, to maintain skin hydration and prevent flare-ups of eczema as much as possible:

1. Minimize temperature changes at the surface of skin by minimizing the number of layers of clothing (especially material that suffocates the skin such as polyester, nylon, wool, etc...). Consider wearing a layer of cotton (preferably white) as the 1st one in contact with skin, with heavy Jacket or coat that can be removed easily to "cool down the skin."

2. Try to keep your bed away from the dry hot air of your furnace, and consider using a humidifier in your bedroom.

3. Rinse off any irritants, and do not let anything like chlorine (from swimming pools) or salt (from the beach water) dry on the skin surface.

4. Limit showers/baths to 15 minutes once a day, with cool water (also take breaks from swimming every half hour to prevent shriveling/irritating effect) and leave some dampness on skin by patting your skin dry gently (do not use your towel to scrub your skin).

5. Use the mildest soaps/cleansers/moisturizers with minimum perfumes or dyes.

Examples of Recommended Products

Soaps/Cleansers- Dove Body Wash for Sensitive Skin, Cetaphil cleansers and Cetaphil Restoraderm Cleanser, Basis, Aveeno, Purpose, Oil of Olay, Neutrogena and CeraVe Cleanser and Foaming Facial Cleanser.

Moisturizers- Cetaphil (especially cream and restoraderm lotion), Eucerine, Aveeno, Purpose, DML, Lubriderm, Oil of Olay, Neutrogena and CeraVe Cream including AM and PM.

Facial Moisturizers- Cetaphil, Eucerine, Purpose, Neutrogena and Oil of Olay and CeraVe AM and PM

Detergents- Hypoallergenic, clear, (All or Cheer).

Shampoos- DHS (clear) DHS Sal or Zinc for dandruff

Note- Neutrogena and Oil of Olay products have more perfumes than others.