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DRY SKIN CARE

- Limit bathing to no more than one lukewarm shower or bath each day, for 10 minutes or less.
- Use a moisturizing soap, such as Dove, Caress, Oil of Olay, or Jergens.
- Avoid deodorant and antibacterial soaps since these can be harsh and drying.
- Minimize use of soap on the driest areas of the body, such as arms, legs, and back.
- After showering, pat gently with a towel to remove excess water.
- While skin is still slightly moist, apply moisturizing cream generously to all affected areas.
- If your skin is very dry, apply the moisturizing cream at a second time during the day as well.
- Moisturizing creams are thicker and work more effectively than lotions. Suggested over-the-counter moisturizing creams:

Neutrogena Hand Cream
(for hands)

Eucerin Cream (a little greasy)

Eucerin Calming Cream

CeraVe Cream

Cetaphil Cream

Moisturel Cream

Eucerin Light Cream

Nivea Cream

Dermasil Cream

Vaseline Creamy

Lubiderm Cream

- If a prescription ointment or cream has been ordered, apply the prescription medication sparingly to affected areas after the bath or shower, while skin is damp (as above), then follow with a generous application of the over-the-counter moisturizing cream.
- Apply the prescription cream or ointment at additional times during the day if ordered.