

TWIN PEAKS DERMATOLOGY, PC

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DIPLOMATE AMERICAN BOARD OF DERMATOLOGY FELLOW AMERICAN ACADEMY OF DERMATOLOGY

GOOD SKIN CARE PRACTICES FOR PATIENTS WITH DRY SKIN

Showers: Use lukewarm water- hot water dries out the skin. Avoid vigorous toweling as it can irritate the skin; instead, just pat dry.

Soaps: Use mild soaps such as Dove, Aveeno Daily Moisturizing Body Wash, CeraVe Hydrating Cleanser, or Cetaphil Gentle Skin Cleanser.

Body Moisturizer: Immediately after drying off from a shower apply a body moisturizer. The following products are good choices: Aveeno Daily Moisturizing Lotion, Cetaphil Moisturizing Cream, CeraVe Moisturizing Cream, Eucerin Original Moisturizing Cream, and Aquaphor Healing Ointment.

In general, the thicker the moisturizer, the better it will work.

Apply body moisturizer again before bedtime.

Facial Moisturizers (with sunscreen): Facial moisturizers are designed to not aggravate acne and they contain a sunscreen, which is a good idea year-round here in Colorado. Recommended facial moisturizers include: Aveeno Positively Radiant Daily Moisturizer SPF 30, Neutrogena Ultra Sheer Dry Touch Sunblock SPF 70, Neutrogena Healthy Defense Daily Moisturizer SPF 45, and Eucerin Everyday Protection Face Lotion SPF 30, CeraVe AM SPF 30.

Facial Moisturizers (without sunscreen): CeraVe PM.

Hand Moisturizer: Repeated washing can dry out the skin on the hands. After washing pat dry hands and apply a hand moisturizer. Good products include: Cetaphil Therapeutic Hand Cream, Neutrogena Norwegian Formula Hand Cream, Eucerin Plus Intensive Repair Hand Crème, or any of the body moisturizers listed above.

Home Humidifier: Consider installing a home humidifier to help relieve dry, itchy skin.

For itch relief: Sarna Sensitive Anti-Itch Lotion, CeraVe Moisturizing Lotion for Itch Relief, CeraVe Itch Relief Moisturizing Cream.

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