

## Care of Dry Skin

After your teenage years, your skin gradually produces less oil and becomes drier. Dry skin tends to get worse in low-humidity climates and in colder climates. There are several things you can do to prevent and treat the irritating aspects of dry skin.

### **Bathing:**

1. Keep your baths and showers brief (no more than 10 minutes).
2. Use warm (not hot) water when bathing. Hot water dries the skin.
3. Limit the amount of soap you use. Soap can be drying to the skin.
  - Use soaps that are mild.
  - Use soap only on strategic areas (face, underarms, genital region, hands and feet).
4. Pat (don't rub) yourself dry after you bathe. This leaves excess moisture in the skin.
5. Moisturize immediately after bathing while the skin is still damp/moist. This helps to lock the natural moisture in your skin.
6. Use a lubricating agent prior to shaving, shave in the direction of the hairs, and change razor blades frequently.

### **Moisturize:**

1. Moisturize often (especially after bathing).
2. As a general rule, ointments are the most effective moisturizers followed by creams and finally lotions. However, ointments are often messy and difficult to apply, so creams are the most practical and effective way to moisturize the skin.
3. Samples of good moisturizing creams include:
  - Vanicream
  - Eucerin
  - Cetaphil
  - Aquaphor
  - Lubriderm
  - CeraVe