



DRY SKIN + ECZEMA SKIN CARE

- Bathe or shower daily for 5-10 minutes only. Avoid long showers or baths.
- Use lukewarm water. Avoid hot water.
- Do not vigorously scrub with a washcloth, sponge or brush.
- Use very little soap, and only where it is needed. A mild soap or soapless cleanser is recommended: CeraVe, Cetaphil RestoraDerm, Aveeno, Basis, Avène Cleansing Oil.
- Apply moisturizers to damp skin, immediately after bathing, within 3 minutes.
- If given a prescription cream, apply first, and then the moisturizer over it. Repeat 2-3x/day, if possible.
- Recommended moisturizers (lotions + creams): CeraVe Lotion, Cetaphil RestoraDerm, Hylatopic Plus (Rx), HPR Plus (Rx), Curel, Aveeno, Eucerin, Lubriderm.
- Lotions are thinner than creams and usually preferred in the summer. Creams and ointments are thicker and are generally preferred in the winter. If your skin is very dry or irritated, a cream or ointment is best, regardless of weather.
- Usually the prescription cream is prescribed for 1-2 weeks to red, rashy areas. Once the affected areas have improved, you may stop the prescription cream, but please continue to moisturize twice daily. If you experience minor flares, restart the prescription cream for a few days and taper off. If you continue to flare, please make an appointment, as you may need a different and/or stronger medication.
- Avoid bubble bath, perfumes, spray, powders on your skin.
- Do not wear tight or rough clothing. Wool clothes and new clothes can be irritating. Cotton is best.
- Avoid saunas and steam baths—keep environmental temperatures on the cool side. For extreme dryness, a humidifier or vaporizer may help. Remember to keep it clean of bacteria and molds.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately.

A physician can always be reached after hours through the answering service. We are happy to speak with you any time at (310) 906-2788.