

Instructions for Dry Skin Care

Shower no more than 1x/day, for short periods (no more than 5-10 minutes) with warm NOT hot water.

Use a **gentle cleanser**, preferably fragrance-free if your skin is sensitive:

- **Avene Xeracalm Cleansing Oil**
- **Aveenobar**
- **CeraVe**
- **Cetaphil**
- **White Dove Bar**

Apply moisturizers to **damp skin**, right after your shower or bath. If you were given a prescription by your dermatologist, apply first, and then the moisturizer over it. Repeat applying the moisturizer 2-3x/day, if possible:

- **Avene Xeracalm Barrier Repair Cream (this is Dr. Chiu's personal favorite)**
- **Aquaphor Ointment**
- **Aveeno Daily Moisturizing Lotion**
- **Aveeno Eczema Therapy Moisturizing Cream**
- **CeraVe Cream or Lotion**
- **Cetaphil Cream**
- **Lac-Hydrin Lotion**
- **Petroleum Jelly or Vaseline Jelly Ointment**
- **SkinMedica Ceratopic Replenishing Cream**

If your skin is severely dry, consider the use of a **humidifier**.

Fish oil or Flaxseed oil supplements may improve skin barrier function.