



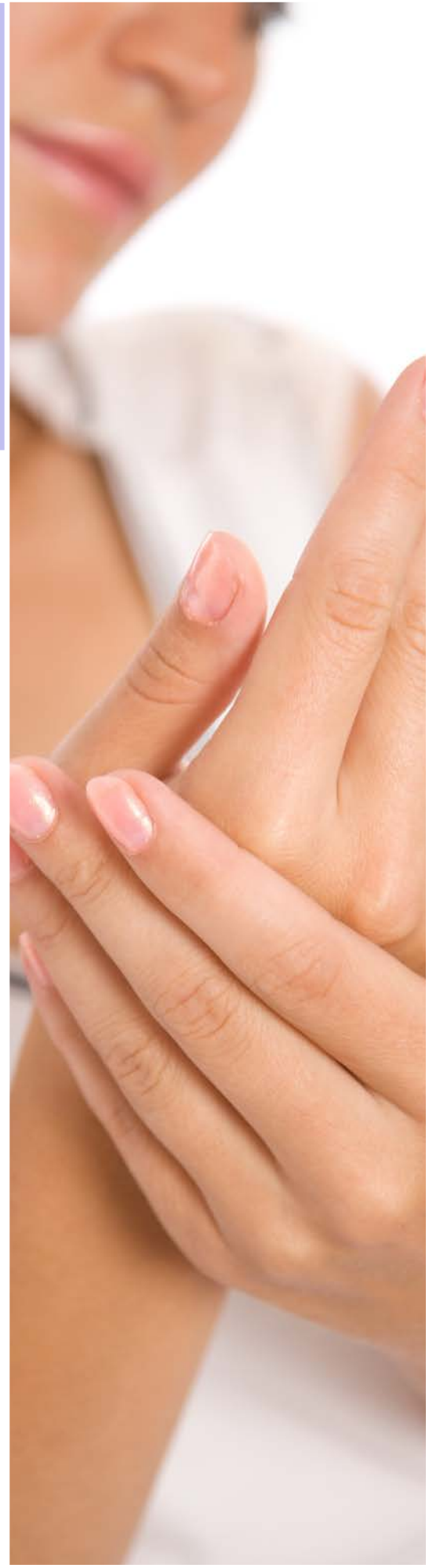
ADVANCED SPECIALTY CARE, P.C.

How To Deal With Distressingly Dry Skin?

— By Melissa Raue, PA-C

How To Deal With Distressingly Dry Skin?

During the winter, some people's skin often gets so dry that it flakes, cracks, or even bleeds. What can they do? Should they wash more or less often? Apply more moisturizer? Here are several preventive measures that will keep you comfortable and out of the doctor's office.





1

Bathe daily.

A 5-10 minute warm bath or shower adds moisture to the skin. Longer or hotter showers remove moisture and wash away natural protective oils.

2

Close the bathroom door.

When taking that bath or shower, keep the door to the bathroom shut. This keeps the much-needed humidity in the room.



Use a mild cleanser.

Deodorant bars, fragrance in soaps, and products containing alcohol strip natural oils from the skin, which dries the skin.



Gently pat the skin dry.

Rubbing hard removes moisture and irritates sensitive dry skin.

4



5

Apply moisturizer within 3 minutes of getting out of the bath or shower.

Many people think that moisturizer adds moisture to the skin. This is incorrect! Moisturizer traps existing water in the skin, preventing the water from evaporating.



6

Moisturize again if you need to!

If skin is noticeably dry and uncomfortable, moisturizing more frequently throughout the day can help the skin heal. And will help prevent dry skin from returning. Ointments and creams will be more effective than lotions.



Choose your moisturizer by ingredients, not price.

Moisturizer does not need to be expensive to be effective. Look for products that contain lactic acid or urea. These help alleviate even severe dryness. Hyaluronic acid, which naturally occurs in the skin and diminishes with age, can help the skin hold water. Dimethicone and glycerin help draw water to the skin and keep it there. Lanolin, mineral oil, and petrolatum (also known as petroleum jelly) effectively trap water in the skin.

7



8

Give hands extra attention.

Frequent washing and evaporation dries out the skin.

Applying hand cream after each hand washing helps hands retain much-needed moisture. If more relief is needed, dab petroleum jelly on the hands before bed. If hands are frequently immersed in water, wearing waterproof gloves can help protect the hands.



Apply lip balm often.

Lips are skin too! If lips are extremely dry, dab on petroleum jelly or a similar thick ointment before bed. Continuing to use lip balm once the lips heal can keep lips soft and supple. Dermatologists recommend using a lip balm that has an SPF of at least 30. This can help reduce signs of premature aging and prevent skin cancer on the lips.



If these changes do not bring relief, make an appointment to see a dermatologist. Very dry skin may require a prescription ointment or cream. A dermatologist can examine the skin and explain what will help alleviate the dryness and irritation.

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About Advanced Dermatology

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