



Dry Skin Care

Dry skin aggravates other skin conditions such as eczema, contact dermatitis, and psoriasis. Restoring the moisture to the skin is just as important as treating the skin condition with medicine. It is also can be preventative against a future breakout.

Instructions:

1. Wash with luke warm water and keep bathing time short 5-10 minutes.
*Avoid hot water and scrubbing the skin
Use gentle cleansers such as:
 - CeraVe
 - Cetaphil
 - Dove for Sensitive Skin
 - Aveeno*Avoid Ivory, Dial, Irish Spring
2. Moisturize immediately after bathing using a fragrance free moisturizer such as:
 - Cerave Cream
 - Cetaphil Cream
 - Aveeno Eczema Therapy Balm
 - Vanicream*Avoid bubble baths, perfumes, body sprays, and powders.

Skin Regimen

Topical Medications

Face _____ apply to affected area twice a day until clear

Body _____ apply to affected area twice a day until clear

Antihistamines

_____ take one pill daily for _____ weeks. If itch is not controlled, can take twice a day.

Other Oral medications
