

Dry Skin Care Handout

- When bathing, use warm water. Avoid hot showers or baths.
- Use gentle soap, such as Dove[®], Cetaphil[®], or CeraVe[®]. Rinse soap off completely.
- Do not scrub or exfoliate excessively.
- Pat dry thoroughly with a towel.
- Immediately after drying, apply moisturizer liberally.
 - Examples of good moisturizers: Aveeno[®], Cetaphil[®], CeraVe[®], Eucerin[®], Aquaphor[®]
- Reapply moisturizer as needed throughout the day.

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