



Dr. Scott Beals, D. O.

Dry Skin Management

- 1) *Use cool water (hot water removes protective oils from the skin).*
- 2) *Use mild fragrance free soap or soap substitute.*
 - *Unscented Dove is readily available and is less drying than most soaps.*
 - *Other acceptable cleansers include:*
 - CeraVe Cleanser*
 - Oilatum*
 - Aveeno bar*
 - Keri bar*
 - Basis*
 - Cetaphil Cleanser*
 - *Some soaps are formulated to rinse off completely. These include Neutrogena and Purpose. These soaps are good for people with skin easily irritated by perfumes and additives, but they may be drying.*
- 3) *Use soaps only on necessary areas. Most of the skin surface needs only to be rinsed with water. This will help protect the skin's natural oils. Some patients prefer to wash the face, underarms, groin and feet with a mild soap; and to use Cetaphil to wash other areas of skin.*
- 4) *Avoid rubbing and scrubbing. Avoid the use of a washcloth.*
- 5) *Use fragrance free moisturizer especially after bathing (within 2-3 minutes to prevent the drying effect of evaporation). A vanishingly thin layer of petroleum jelly, Aquaphor or baby oil is highly effective and considerably cheaper.*
 - *A great many other moisturizers are available on the market for use on dry skin.*
 - *Acceptable products include:*
 - Cetaphil moisturizing cream*
 - Eucerin*
 - Neutrogena*
 - Lubriderm*
 - Curel*
 - Moisturel*
 - CeraVe Cream*

Avoid use of fabric softeners and dryer sheets.

Some products contain ingredients like urea and lactic acid. These ingredients draw water to the skin surface. They are very effective moisturizers for the upper layers of skin, but may cause the skin to feel tight.

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