

Dry Skin Care

To Learn More

- Dermatology
206-987-2158
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers 206-987-2280 (TTY).

Bathing

- Use lukewarm water while bathing. Avoid hot or cold water.
- Avoid hard scrubbing with a washcloth, sponge or brush.
- Use very little soap, and only use in areas where it is needed. A mild soap is best, like Cetaphil, unscented Dove, Basis or Purpose. If your child's skin is very dry, you can use a gentle cleansing lotion like Cetaphil or CeraVe instead of soap. Avoid using bubblebath.
- Your child should bathe for 10 minutes or less. After bathing, gently pat your child's skin dry with a towel.
- Use moisturizer on your child's skin right after bathing to keep in moisture.

Moisturizers and medicines

- Your child should use unscented moisturizers several times a day over the whole body. This is most important right after bathing.
 - Good moisturizers in the winter: Eucerin cream, Cetaphil cream, CeraVe cream, Vanicream, Aquaphor or Vaseline petroleum jelly
 - Good moisturizers in the summer, if the others are too thick: lotions like Eucerin, Cetaphil, CeraVe, Lubriderm, Moisturel or Curel.
- Only put prescription creams and ointments on affected parts of your child's skin. It is best to put moisturizers over your child's whole body at a different time from when medicine is put on. If your child puts them on at the same time, prescription ointments or creams should always go on first.

Other tips

- To wash clothes, use a small amount of unscented or very lightly scented laundry products, like All Free Clear or Tide Free. If you try this and your child still has skin problems, you can also try rinsing clothes again after washing. Avoid scented fabric softeners while washing or drying clothes.

Have your child avoid:

- Colognes, perfumes, sprays, powders etc.
- Tight or rough clothing. Wool clothes and new clothes can be irritating.
- Saunas and steam baths. Keep the temperature at home on the cool side.
- For extreme dryness, a humidifier or vaporizer may help. Remember to keep it clean, or molds may spread through the humidified area.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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