

Dry Skin Care

Try these tips to keep your child's skin from getting too dry:

- Use lukewarm water while bathing—avoid hot or cold water.
- Use very little soap, and only in areas where needed. We recommend a mild soap, such as Basis, unscented Dove, Oil of Olay, Cetaphil or Oilatum.
- If your child's skin is very dry, use Cetaphil, Aquanil or Eucerin lotion instead of soap. These may be rinsed off or left on the skin.
- Do not use bubble bath.
- Do not scrub hard with a washcloth, sponge or brush.
- Reduce bathing time to 10 to 15 minutes. Always apply a moisturizer right after bathing.
- After bathing, gently pat your child's skin dry with a towel.
- Use moisturizers several times a day on your child's body. Be sure to use a moisturizer after bathing to "lock in" moisture. Cetaphil, Eucerin, Nutraderm, Lubriderm or Moisturel are good choices in the summer. Eucerin or Cetaphil, Aquaphor ointment or Vaseline petroleum jelly work well in the winter.
- Apply prescription creams and ointments to affected areas only. Put moisturizer on the whole body at a later time. If you have to put on a moisturizer at the same time as prescription ointments or creams, always put the prescription medicine on first.
- Do NOT use colognes, perfumes, sprays, powders, etc., on your child's skin.
- Tight or rough clothing, wool clothes and new clothes can be irritating to your child's skin.
- Use small amounts of unscented laundry products, such as Cheer Free, all Free Clear, Trend, Dreft or Purex, when doing laundry. If dry skin or inflammation still happens while using moisturizers or prescription medicine, try double-rinsing clothes after washing them. Do not add scented fabric softeners while washing or drying clothes.
- Your child should avoid saunas and steam baths—keep the temperature in your home on the cool side.
- For extreme dry skin, a humidifier or vaporizer may help. Remember to keep it clean, or molds may spread throughout the humidified area.

FOR MORE INFORMATION

- Division of Dermatology, (206) 987-2158
- Your Child's Health Care Provider

Children's will make this information available in alternate formats upon request. Please call Marketing Communications at (206) 987-5205.

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