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Dry Skin Care

You should moisturize your skin with a cream or ointment daily and/or after bathing or showering. It is important to limit baths or showers to 5-10 minutes and use warm water rather than hot water.

If you have very dry skin, consider pat drying and then immediately applying a cream or ointment while your skin is still a little damp to trap in the moisture.

The same concept would apply to your hands. If your hands become dry, especially in the winter, apply a hand cream after each time you wash your hands.

Avoid using too much soap. Consider using a gentle cleanser rather than a deodorant soap.

Creams and ointments are typically more effective than lotions.

We often recommend Cetaphil and CeraVe creams, which come in jars and can be purchased at most drug stores and some grocery stores.

Thank you !