

**ISLAND DERMATOLOGY INC,
dba Dermatology Associates of Downey, Advanced Dermatology,
Santa Ana Dermatology, Desert Dermatology**

PATIENT EDUCATION – DRY/ITCHY SKIN

- Cool quick showers and baths
 - Avoid prolonged showers or baths
 - Avoid wash cloths
 - Avoid hot water
- Moisturizing Soaps & Detergents-Cetaphil / Neutrogena / Dove / Purpose
 - Avoid harsh soaps- Irish Spring / Dial / Coast / Safeguard Moisturize regularly
 - Within 3 minutes after bathing Stop scratching
 - Keep nails trimmed / Cover hands at night
- Fragrance-free and Hypo-allergenic laundry detergents
 - ie ALL Free & Clear
 - Avoid use of fabric softners