

DRY AND SENSITIVE SKIN CARE

If you have been having problems with itching and rashes, it pays to follow some basic skin care tips. In addition to prescription treatment, almost every patient would benefit from a basic understanding of appropriate sensitive skin care.

An interesting exercise for any individual with chronic relapsing skin rashes, particularly around the head and neck areas, is to line up all the products, cosmetics, hair care products, etc. that you use for your daily skin care. Then check the labels on these products and add up the number of chemicals you put on your skin every day.

Here are my recommendations for sensitive skin care:

1. If it smells good, throw it away.
2. Avoid self-treatment with over the counter topical medicines.
3. Avoid using any unnecessary skin or cosmetic products.
4. Find a good and simple skin cleanser instead of soap.
5. Find a good and simple moisturizing cream and apply it to the entire skin surface daily after bathing.

Showering daily is okay, just use a mild cleanser, avoid hot water, and apply moisturizing cream to your damp skin after blotting with a towel.

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