

## **Dry Skin**

Dry skin is a condition that occurs most frequently during the winter months. A common cause of dry skin is bathing too frequently. This removes the natural oils of the skin, and as a result, the skin becomes more irritated and itchy. A child will scratch these areas and cause more irritation. A simple approach to the treatment of dry skin is to keep the skin well moisturized.

### **General Treatment**

1. Decrease frequency of bathing to every two or three days. When bathing is necessary, make the bath brief, quickly towel dry the child, and apply a moisturizing lotion immediately after.
2. Use a mild soap that does not remove the natural skin oil such as Dove. Tone, Purpose, Ivory and Dial, although good soaps, are drying during cold weather and should be not be used in this situation. A liquid preparation, Cetaphil, is excellent for the child with excessive dryness. All of these can be purchased without prescription.
3. Skin moisturizers are helpful, but be aware that the heavily perfumed preparations may contribute to irritation. Gentle preparations are Moisturel, Lubriderm and Keri lotion. These may be used once or twice a day especially after bath time.
4. Fabric softeners and certain detergents with fabric softeners in them may also contribute to irritation and dryness in children.

If these measures not successful, and your child's skin becomes more irritated and uncomfortable, let us evaluate the situation.