

Here are tips that can prevent dry skin or keep it from getting worse.

1. Use lukewarm water to take bath. Avoid hot water as it removes oil from the skin and make it more dry
2. Use fragrance free body washes or syndet bars which retain the skin moisture. Use limited quantity of body washes or syndet bars
3. Limit bath time for 5-10 minutes. Do not use more water to take bath
4. Pat your skin dry with a soft cotton towel. Avoid rubbing the skin dry
5. Moisturize immediately after bath when the skin is still damp
6. Apply moisturizer multiple times in a day. Never forget to apply moisturizer immediately after bath and at bedtime which helps to retain more moisture
7. If the lips are cracked, apply a lip balm multiple times in a day. Avoid cosmetics and picking the chapped lips.
8. Apply thick moisturizer multiple times to palms and soles as the skin on palms and soles are thicker for better moisturization.

If you have questions or concerns about caring for your skin, you can consult our dermatologist