

Dry & Sensitive Skin Care

Background

- It is very important to consistently moisturize your skin to prevent excessive dryness, which can lead to itching and eczema.

Daily Care Recommendations

- Use mild hydrating soaps and that you use them no more than necessary.
- Use a thick moisturizing cream or ointment regularly.
- For sensitive skin:
 - Many over-the-counter products contain preservatives and other chemicals that can cause an allergic reaction or irritation of the skin. Discuss your personal skin care products or self-treatments with your treatment team and use only approved products.
 - Make sure to use the double-rinse cycle; do NOT use dryer sheets.
 - Avoid sanitary wipes.

Bathing Recommendations

- Use warm water with showers or baths.
- After bathing, gently pat excess water from skin with towel and apply a generous layer of moisturizer.
- Regardless of when you bathe, always moisturize skin *at least* twice daily.