MASSACHUSETTS GENERAL HOSPITAL

MassGeneral Hospital for Children™

DOWN SYNDROME PROGRAM
www.massgeneral.org/downsyndrome

Taking Care of Dry or Sensitive Skin

Dry or sensitive skin is very common. It can also be treated easily. In this handout, you will learn how to take care of your skin if it is dry or sensitive.

TIPS TO CARE FOR DRY OR SENSITIVE SKIN

Do

- **Use gentle soap without smells.** The smells in certain soaps can bother dry or sensitive skin.
- **Use soap only on your armpits, genitals (private parts) or parts of your body that are dirty.** This will help your skin feel less irritated.
- **Take 1 bath or shower a day.** Keep your bath or shower to 10 minutes or shorter. The water should be warm, but not hot. Warm water is best for dry skin.
- **Dry your skin gently by patting it dry.** Do not rub or scrub your skin.
- **Follow your doctor's directions on using your prescription cream, if you have one.**
- **Use cream or ointment to moisturize your skin 1-2 times a day and after you bathe or shower.** Cream and ointment are thicker than lotion.
- **Think about getting a humidifier to use in the winter.** A **humidifier** adds moisture to the air.
- **Use allergy-free laundry detergent without smells**. Allergy-free laundry detergent is called **hypoallergenic**.

Do Not

- **Do not use soaps, moisturizers or laundry detergents with smells.**
- **Do not use hot tubs, steam rooms or saunas.**
- **Do not rub or scrub your skin to dry it.**
- **Do not use dryer sheets or fabric softeners in the laundry.**

Can I remove my dry skin?

Yes, but only if your doctor says it is okay. Do not pick, rub or scrub off dry skin.

Here are some creams that can help remove dry skin. These creams might sting if you have cracks in your skin:

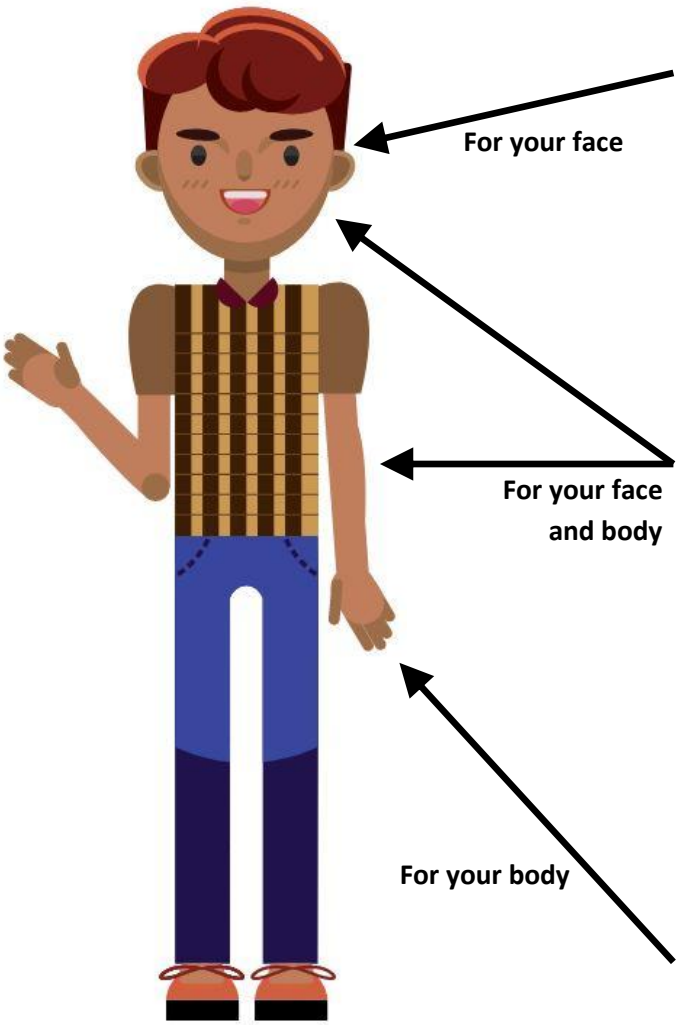
- AmLactin® cream
- Aqua Glycolic® Hand and Body Lotion
- Avene® Retrinal 0.05% or 1%
- Glytone® overnight cream
- Skinceuticals® Metacell Renewal B3
- CeraVe® with SA cream
- Excipial® cream
- Urea 20/40® cream

What is the difference between lotion, cream and ointment?

Lotions, creams and ointments are all different. Creams and ointments are best for dry or sensitive skin.

- Lotion has a thinner texture. It does not work as well for dry skin.
- Cream is thicker. It moisturizes skin very well. Cream is good for dry skin.
- Ointment is very thick. Sometimes, if feels sticky. Ointment is good for dry skin.

SOAPS AND MOISTURIZERS



Allergy-free face moisturizers	Face moisturizers for sensitive skin
• Toleriane® Soothing Protective Light Facial Fluid • Toleriane® Soothing Protective Facial Cream	• CeraVe® PM Lotion • Cetaphil® moisturizing lotion • Neutrogena® HydroBoost Gel • Olay® Moisturizing Lotion for sensitive skin

Allergy-free body and face soaps	Gentle body and face soaps
• Aveeno® Moisturizing Bar • Cetaphil® Gentle Skin Cleanser • Kiss My Face® Pure Olive Oil Soap • Neutrogena® Fragrance-Free Facial Bar • Vanicream® Cleansing Bar	• Dove® fragrance-free bar soap • Dove® Sensitive Skin Cleanser • CeraVe® cleanser • Cetaphil® Restoraderm cleanser • Neutrogena® Ultra Gentle Cleanser

Allergy-free body moisturizers	Body moisturizers for sensitive skin
• Cetaphil® Restoraderm eczema calming lotion • Lubriderm® • Theraplex® Hydrolotion or Emollient • Vanicream®	• Aveeno® Skin Relief Moisturizing Cream • Cetaphil® Moisturizing Cream • Cetaphil® Intensive Moisturizing Cream • CeraVe® cream • Curel® Intensive Healing Cream • Aquaphor® ointment • Vaseline® ointment • Vaniply® ointment • Hydrated petrolatum

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