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## Dry Skin Eczema

The dry Alberta climate in which we live makes it very difficult to fight skin dryness and dry skin eczema, especially in the winter. People who live in Vancouver, Hawaii, or other moist climates do not have these same troubles to the same degree.

Here are some helpful DOs and DON'Ts to help you fight dry skin and dry skin eczema:

DO take one lukewarm shower or bath daily, for no more than 15 minutes.

DO use a mild unscented soap or cleanser, such as Dove or Cetaphil.

DO apply soap ONLY to the absolutely necessary areas, which are the armpits and the underwear area.

DO apply a moisturizer immediately after exiting from the shower or bath, while your skin is still wet. Popular moisturizers are cerave, cetaphil, ceramyd, trixera, excipial, glaxal base, curel, impruv, lubriderm, eucerin cream, aveeno, uremol, plain mineral oil, plain vaseline, etc.

DO apply prescription creams as directed.

DO use a humidifier at home.

DO rinse off chemicals in the shower after using a swimming pool or hot tub.

DON'T take excessively hot showers or baths and try to avoid having more than one per day.

DON'T use harsh scented soaps such as Zest, Coast, Irish Spring, or Dial.

DON'T ever apply soap to the arms, legs, chest, back or abdomen. These areas are very prone to dryness and soap will cause dry itchy eczema.

DON'T scrub your skin dry with a towel. Just gently pat dry with a soft towel, and then immediately apply moisturizer while the skin is still moist.

DON'T use vitamin E or aloe vera, because they can cause allergic rashes.

DON'T apply powders or lotions such as Calamine, Caladryl, or Gold Bond. If a medicated anti-itch cream is needed, your Dermatologist will prescribe this.

DON'T attend swimming pools or hot tubs too often, because the chlorine or bromine in these pools will dry your skin.