



**STRATICA**  
DERMATOLOGY

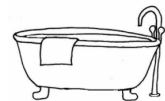
## Skin Care for Dry Skin & Eczema

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Prescription medications for dry skin or eczema work best when you support them with this straight-forward 2 step hydration protocol consisting of daily bathing and moisturizing as follows.

### Step 1: Bathing/Hydrating your skin

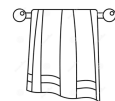
- Bathe in lukewarm water, each bath lasting about 10 minutes in length. Water that is too hot or too cold can irritate the skin and should be avoided
- Avoid showering. Baths allow water to slowly soak into the skin and gently hydrate the soft tissues. Showering does not allow water to enter the skin as well as a bath.
- Do NOT add anything else to the bath – only water. Oils, bubble solutions, fragrances, bath additive treatments etc. may interfere with your treatment
- Do NOT use soap. Soap can be very drying and harsh on the skin
- Do NOT scrub, as this will irritate the skin. Only brief skin contact time and gentle cleansing is required
- The only areas that really require cleansing agents are the armpits, groin, buttocks and hair, as these sites are strong sources of oils and odors (see suggestions below). For the rest of the skin, water alone will do.
- To clean the hair, use a gentle shampoo only to the hair, and only at the end of the bath
- Dry the skin by gentle patting with cotton towel – do NOT wipe the skin dry



Bathe using lukewarm water



Use gentle non-irritating hydrating skin cleansers



Gently pat dry with a cotton towel

### Step 2: Moisturizing Your Skin

- Immediately apply a moisturizer to all dry areas of the skin, ideally when the skin is still a little damp following your pat dry.
- To avoid moisture loss due to evaporation, it is crucial that a non-irritating, fragrance-free moisturizer be applied to all areas that are prone to dryness. The moisturizer acts as a sealant to “lock in” the moisture obtained from the bath.

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### Suggested Drugstore Products

- CeraVe Baby wash & Shampoo
- CeraVe Hydrating Cleanser
- CeraVe Hydrating Cleanser Bar
- CeraVe Moisturizing Cream/Lotion
- Cetaphil Gentle Skin Cleanser
- Cetaphil Cleanser Bar
- Cetaphil Moisturing Cream/Lotion
- Ducray Sensinol Physio-Protective Shampoo
- La Roche-Posay Lipikar Syndet Ap+
- La Roche-Posay Lipikar Baume AP+
- La Roche-Posay Lipikar Stick AP+
- Vichy Dercos Mineral Soft Shampoo
- Vichy Dercos Dermo-Soothing Shampoo

### **Suggested Medical Grade Skincare**

- Everyday Sensitive Cleanser
- Skin Medica Facial Cleanser
- ZO Gentle Cleanser
- Everyday Sensitive Moisturizer
- SkinMedica Ultra-sheer Moisturizer
- ZO Hydrating Crème