



Dry and Itchy Skin Recommendations

Dry, irritated and itchy skin can often be treated effectively with the proper use of gentle moisturizing products, irritant avoidance and if advised by your doctor, topical prescription medications.

Gentle Cleansers:

Only use the minimum amount of soap on necessary areas (face, hands, armpits, groin, and feet) to prevent increased dryness

- Products we like: [CeraVe cleansers](#), [Dove Sensitive Skin](#), [Aveeno Baby](#), [Cetaphil Cleanser](#)

Moisturizers:

We recommend creams for the DAY time because they are less greasy, and ointments at NIGHT because while they are more greasy, they are the best moisturizers. (Avoid lotions as they tend to have alcohols in them that can dry out the skin)

- Creams we recommend: [CeraVe](#) or [Cetaphil](#) or [Vanicream](#) Moisturizing Cream, [Aveeno Eczema Therapy Moisturizing Cream](#), [Eucerin Advanced Repair Cream](#) or [Eczema Relief Cream](#)
- For very scaly skin: [Urea 40% Cream](#) (PurSOURCES)
- Ointments we recommend: [CeraVe Healing Ointment](#), [Vaseline](#) petroleum jelly or [Aquaphor](#) ointment

Itching:

Avoid scratching as much as possible. If itchy, apply cool emollient (i.e., refrigerator temperature) to the itchy area or apply ice pack.

- If directed to do so, take antihistamines to help control itching:
 - Non-sedating (generics are listed in parentheses): Zyrtec (cetirizine), Claritin (loratidine), Allegra (fexofenadine) – all available over the counter
 - Sedating (do not operate machinery after taking these; they can make you sleepy): Atarax (hydroxyzine, requires prescription), Benadryl (diphenhydramine, over the counter), Doxepin (requires prescription)

Irritants:

Products that contain fragrance can often cause skin sensitivities. We recommend switching to all fragrance free products including shampoo/conditioner, detergents, and soaps. Examples include:

- Detergents - [All Free and Clear](#)
- Hand soaps - [Dove Sensitive Skin Bar Fragrance Free Bar Soap](#)
- [Shampoo](#) + [Conditioner](#) – Vanicream Free+Clear

Bathing:

Bath in lukewarm water (not hot) for maximum 10-15 minutes. Pat yourself dry then apply prescription medications to affected areas. If time permits, wait 10-15 minutes before applying emollient on top of medication, if not apply right away.

Clothing:

Wear loose fitting cotton clothing. Avoid wool clothing (may irritate skin).

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