

(un)cancer

Dry Skin
Care
Checklist

Skin care practices to follow for managing dry skin

- Products marked “lotion” instead of “cream” contain less oil. Water-based lotions may irritate your skin. Apply moisturizer or cream 2 to 3 times a day, especially after a bath when the skin is damp. Do not apply on open wounds.
- Bathe in warm or lukewarm water instead of hot. Wash your skin gently using a mild, unscented soap and a soft washcloth.
- Add baking soda, colloidal oatmeal (in a cloth or mesh bag), or bath oil to your bath water.
- When drying off, try not to rub your skin. Instead, gently pat your skin dry.
- Avoid using scented or alcohol-based creams, powders, after-shaves, or perfumes, especially those that contain isopropyl alcohol, benzyl alcohol or sulfates.
- Pause shaving or waxing until your skin is healed. Use an electric razor rather than a blade to avoid cuts and irritation if you must shave.
- Wash sheets and towels in gentle, hypoallergenic laundry soap such as those made for babies.
- Use protection from the sun (sunscreen) with an SPF of at least 30. If you have thinning hair, apply sunscreen to your scalp as well.
- Water containing chlorine can make some rashes worse, so avoid swimming if you have a rash.
- Cornstarch-based powders may clump in moist areas and cause irritation so be aware.
- Keep your room cool (60° to 70° F) and well ventilated to avoid sweating.
- Wear loose-fitting clothes made of soft fabric to avoid irritating your skin.
- Ask about medications such as antihistamines if itching keeps you awake. If your itching is severe, your cancer care team may order prescription drugs to help relieve the itching.