



DAWES FRETZIN
DERMATOLOGY

Gentle Skin Care

Often skin can suffer from dryness or irritation. Frequently colder weather or aggravating skin care products can trigger this effect. For your skin, we recommend gentle skin care guidelines to improve this condition.

- Shower no more than once daily. Baths occasionally may be fine, but without any bath products (bubble baths, fragrant bath salts, etc)
- Use only lukewarm water. The hotter the water, the drier your skin will become. Make it your goal not to fog the bathroom mirror.
- Use a gentle soap to cleanse your skin. Examples: Zerafite Creamy Cleanser & Shave Cream (available at Dawes Fretzin), Dove Sensitive Skin, Cetaphil Gentle Skin Cleanser or bar soap, CeraVe Cleanser, Olay Moisture Ribbons Plus, Eucerin Advanced Cleansing for dry, sensitive skin
- If you are prescribed a medication, apply immediately after showering to the affected area.
- Moisturize liberally within 3 minutes to avoid water evaporation from your skin and to help lock in moisture. Creams (jars) work better than lotions (pumps). Examples: Cetaphil cream, CeraVe cream, Vanicream