

PARENT EDUCATION

Dry Skin / Atopic Dermatitis

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Atopic dermatitis or the “dry skin” disease is one of the most common diseases in children. It is related to asthma and other allergies and they all run in the same family.

If your child has dry skin the following will help:

- 1). We recommend daily bathing in warm water (hot water should be avoided).
- 2). Limit the bath time to 10-15 minutes and avoid excessive soaking in the tub.
- 3). Avoid bubble baths and fragrant oils.
- 4). Use only creamy non-detergent mild soap (Dove, Tone, Aveeno Bar etc). Use only mild shampoos such as baby shampoos.
- 5). Minimize the use of soap and use non-soap cleansers such as Cetaphil, Aquanil or warm water if possible.
- 6). Scrubbing should be avoided. Pat dry rather than rub dry.
- 7). After each bath apply bath oil, petroleum jelly or creams (such as Eucerin or Nivea). Creams are more effective than lotions. Also apply these moisturizers after washing.
- 8). If your child has oozing or weeping lesions apply cool tap water or aluminum acetate compresses for 20 minutes 2-4 times a day. Do not allow lesions to dry so they don't adhere to the skin.