

## DRY SKIN

Many children suffer from Dry skin, this is not Eczema and is not a medical condition but we understand that it can be distressing and may make your child feel uncomfortable.

If your child suffers from Dry Skin we are happy to offer advice and suggestions on treatment and prevention.

Our Practice Policy is not to prescribe creams and lotions purely for dry skin as these can be easily bought quite cheaply with over the counter in the same way as you would purchase soap or other bathing products for your children.

In the winter months particularly, dry skin may be a problem due to the use of central heating as well as cold air outside.

To help prevent your child from having problems with dry skin it can help to:-

- Use a mild soap or cleanser when washing your child, use something like Aqueous Cream instead of soap
- Apply a moisturiser when your child 's skin is still a little wet as this helps to trap in some moisture
- Your pharmacist can advise you on suitable products
- Re apply moisturiser at least twice a day if very dry
- Avoid alcohol based products, such as hand gels
- Encourage self application of lip balms, Vaseline type products around the lips

