

### **General Skincare**

Healthy skin serves as a barrier, protecting your body from infection, regulating temperature, and preventing dryness and irritation by maintaining moisture. A daily skin care routine can improve your skin's health and help prevent problems in the future.

General skincare recommendations include using lukewarm water while in the bath or shower and limiting them to 15 minutes. Patients should use gentle, fragrance-free soaps and shampoos. After the bath or shower, patients should pat themselves dry and apply topical moisturizers to damp skin. We also recommend that clothing be cleaned with a "free and clear" or dermatologist recommended detergent.

We also recommend washing your face nightly to remove dirt, oil, and makeup. Use a mild, gentle cleanser that won't strip natural oils or clog pores. Avoid harsh scrubs and hot water, which can irritate skin. After cleansing, apply a topical moisturizer that suits your skin type (If you have oily or combination skin, use lotion. If you have dry skin, use cream).

We also recommend using sunscreen every morning, with reapplication after 1.5 hours of direct sunlight. Sunscreens should be at least SPF 30. Applying sunscreen to your face is especially important. By wearing sunscreen, you can prevent premature aging (fine lines, wrinkles) and discoloration. You can also prevent or decrease your risk of developing skin cancer in the future. Never use tanning beds.

Examples brands include Cerave, Cetaphil, Dove, Eucerin, Aveeno, and Neutrogena.

Speak to your dermatologist to learn more.