

Below are some things you can do to relieve itchy or dry skin.

Clothing and Home Environment

- Wear loose, lightweight cotton clothes
- Do not wear rough clothes, such as wool and polyester, over itchy areas
- Use mild, unscented laundry detergent and double rinse
- Do not use fabric softeners
- Keep your home cool and humid, especially in the winter
- Use cotton bed sheets

Self Care and Keeping Skin Cool

- Try not to scratch and keep fingernails short and clean
- Use a cold compress on itchy areas
- Bathe or shower for less than 15 - minutes everyday in lukewarm (NOT HOT) water
- Use a gentle soap or cleanser to wash only the body parts that really need cleaning (sweaty areas like armpits and groin). Use water to wash the rest of your body.
 - Examples (you may try store brand versions of the products listed below):
 - Dove™, CeraVe™, or Cetaphil™ cleansing bar or wash
 - Aveeno™ body wash
- Pat your skin dry instead of rubbing
- Moisturize your skin within 2 minutes of getting out of shower/bath when your skin is still damp. Use an unscented moisturizer CREAM (not lotion).
 - Examples:
 - Creams: CeraVe™, Cetaphil™, Lipikar Baume AP+™, Aveeno™, Glaxal™ Base, Cliniderm™ soothing, Uremol™ 10%, Nivea™
 - Vaseline Creamy™, Aquaphor™ ointment, Vaseline Intensive Care Problem Skin Therapy™
- Use an over the counter anti-itch skin product
 - Examples (you may try store brand versions of the products listed below):
 - Aveeno Anti-Itch cream™
 - Gold Bond Anti-Itch Lotion™

**Tell your healthcare team if you have itchy skin,
especially if it affects your everyday activities or your sleep.**

