



GET THE FACTS

Talk with your doctor before starting a new medication to understand whether it has any skin side effects.



WATCH THE CLOCK

Restrict time in the shower or bathtub to less than five minutes



APPLY YOURSELF

Use moisturizers or creams daily.

TOP TIPS FOR MAINTAINING MOISTURIZED SKIN



DRINK TO YOUR HEALTH

Your skin needs water to stay hydrated. Consult with your doctor about the right amount of water for you.



KEEP IT SIMPLE

Avoid traditional scented bar soaps as these can lead to dry and itchy skin. Use mild, low-irritant unscented soaps instead.



KEEP IT COOL

Shower/bathe in cool or lukewarm water.

CHECK THE WEATHER

Use a humidifier in the winter and air conditioning in the summer. Keep your skin covered as much as possible when outdoors, especially in the sun.



ACT FAST

Apply moisturizers immediately following bathing.

