

Dry skin is common. The skin loses moisture and may crack and peel, or become irritated and inflamed.

### WHAT CAUSES DRY SKIN?

- Skin disease: Eczema, Psoriasis
- Harsh soaps
- Excessive skin washing
- Increased age
- Not drinking enough water



### PREVENTION AND TREATMENT

Here are some tips to keep skin moisturized:

- “3-minute rule”: the best time to moisturize is within three minutes after bath/shower.
- Moisturizing creams / ointments work better than lotions.
  - Choose “fragrance-free” or “unscented” skin products.
  - Choose thick creams. Here are some examples:
    - Cetaphil
    - Eucerin
    - Aquaphor
- Use lukewarm water. If the water is too hot or cold, it may further dry the skin.
- Use skin cleanser instead of traditional soap.
- Consider using a humidifier in the bedroom.
- If your doctor prescribed ointments or creams, put those on before applying moisturizers.

### Other things to try:

- Keep hydrated.
- Wear clothes made of cotton, or other breathable fabrics. Avoid itchy wool and coarse fabrics.

### WHEN TO SEE THE DOCTOR

- Severe dry skin that is cracking, peeling, swelling, red, bleeding, pus, or drainage.
- Rash that does not improve in 1-2 weeks.
- New rash that appears with any of the following:
  - Fever
  - Swollen lips, swollen tongue
  - Breathing trouble
  - Blistering
  - Bruising or purplish spots

### Sources:

- National Institute on Aging
- American Academy of Dermatology

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。  
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皮膚乾燥十分常見。皮膚會失去水分，裂開，剝落，或受刺激發炎。

### 甚麼導致皮膚乾燥？

- 皮膚疾病：濕疹，牛皮癬
- 使用刺激性的肥皂
- 過度的清洗皮膚
- 年紀增長
- 沒有補充足夠的水分

### 預防和治療

以下是一些保持皮膚滋潤的提示：

- “三分鐘規則”使用潤膚霜最佳時間是淋浴後三分鐘內塗上潤膚霜。
- 潤膚乳霜和軟膏比乳液效果更好。
  - 選擇“不含香料”或“無味”的護膚產品
  - 選擇濃的乳霜。以下是一些例子：
    - Cetaphil
    - Eucerin
    - Aquaphor
- 用溫水。水溫過熱或過冷都可能令皮膚乾燥更加嚴重。
- 使用潔膚液代替傳統的肥皂。
- 可以在睡房內使用加濕器。
- 如果您的醫生開了處方藥膏，先塗上醫生開給您的藥膏，再塗潤膚霜。

其他可嘗試的方法：

- 避免身體脫水。
- 穿棉質或可透氣面料的衣物。避免會令皮膚發癢的羊毛或粗面料的衣物。



### 何時向醫生求助

- 嚴重的皮膚乾裂，脫皮，腫脹，發紅，出血，發膿，流膿。
- 在一至兩星期內，皮疹沒有改善。
- 新的皮疹伴隨以下症狀：
  - 發燒
  - 嘴唇和舌頭腫脹
  - 呼吸困難
  - 起泡
  - 瘀青或紫色斑點

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