

## Skin Care Tips from Ponte Vedra Dermatology & Aesthetic Surgery

**Soak and Smear Approach** – In a tub full of lukewarm water, add ¼ cup of baking soda and ¼ cup of *Chlorox*®. Soak for 15 minutes. Pat skin dry and moisturize skin liberally with *Eucerin*®, *Cetaphil*® or *Crisco*®. Use prescription creams on areas that are persistently red or itching. Perform the above process once or twice daily

### How do I wash my skin?

Cleaning is an essential part of caring for your skin. The key is to treat your skin **gently**.

**Use warm water and limit bath time.** Hot water and long showers or baths remove oils from your skin. Limit your bath or shower time to about 15 minutes or less, and use warm or tepid, rather than hot, water.

**Avoid strong soaps.** Strong soaps — those most capable of stripping oil from your skin — can leave your skin dry. Instead, choose mild soaps with oils and fats added to them during the soap manufacturing process. Good choices are *Dove*® *Unscented*, *Cetaphil*® or *Basis*®. With respect to detergents, our office prefers that you try *Dreft*® for babies or *All Free Clear*® products.

**Avoid irritating additives.** If your skin is sensitive, avoid products containing perfumes or dyes. These can irritate your skin and may trigger an allergic response. Be careful of products that smell good and are expensive. Before purchasing these, perform a **cosmetic use test** by applying the product twice a day to your forearm for three days. If you have no reaction, then it is safe for purchase and to apply elsewhere on your body.

**Remove eye makeup carefully.** Use a soft sponge, cotton cloth or cotton balls when removing eye makeup to avoid damaging the delicate tissue around your eyes. If you wear heavy, waterproof makeup, you may need to use an oil-based product such as petroleum jelly, or *Aquaphor*®.

### Why Moisturize?

Moisturizers help maintain your skin's natural moisture levels. They work by providing a seal over your skin — to keep water from escaping — or by slowly releasing water into your skin.

For your face and neck, select a moisturizer with a sun protection factor (SPF) of at least 30 to help protect your skin from damaging ultraviolet rays. If you have sensitive skin, look for products free of heavy dyes, perfumes or other additives. If your skin is very dry, you may want to apply an oil, such as baby oil, while your skin is still moist. Oil has more staying power than moisturizers do and prevents the evaporation of water from the surface of your skin. If your skin is oily, you may want to skip moisturizing.

### Shaving Tips

Shaving is a common and inexpensive way to remove unwanted hair. But shaving can cause skin irritations, especially if your skin is thin, dry or very sensitive. For a smooth shave:

**Press a warm wash cloth** on your skin before shaving to soften the hair. Or shave after a warm bath or shower.

**Don't shave dry skin**, which can cause razor burn. Apply shaving cream, lotion or gel before shaving to protect and lubricate your skin. An example of a soothing shaving cream is *Aveeno Oatmeal Shave Gel*®.

**Use a clean, sharp razor.** If using an electric razor, don't use the closest setting because this can irritate the skin.

**Shave in the direction of hair growth**, not against it.

**Rinse your skin afterwards** with luke-warm water and moisturize with a sunscreen based cream

(If irritation does occur, apply a lotion that doesn't contain ethyl or isopropyl alcohol. Though alcohol and alcohol-based products may feel cooling, they don't really soothe irritated skin because the alcohol evaporates rapidly from the skin surface).