

Self Care Information for Patients: Managing Your Mild Dry Skin

Summary

Do you have mild dry skin? If so, it can and should be treated without seeing a doctor. Speak to your pharmacist about how they can support you to look after your skin in line with new NHS England guidance.

What can you do to help?

Several products are available to purchase. By following the steps below, it can reduce the incidence of dry skin:

- Apply moisturisers (creams, lotions & ointments) liberally 3 to 4 times a day.
- Moisturisers are best applied after washing your hands, taking a bath or showering because this is when the skin most needs moisture.
- Do not rub the moisturiser in – smooth it into the skin in the same direction body hair grows.
- Limit bath time, use warm water and avoid harsh, drying soaps.

When shall I see a General Practitioner (GP)?

- If dry skin is accompanied by redness and/or inflamed.
- If dryness and itching interfere with sleeping.
- If you have open sores or infection from scratching.
- If you have large areas of scaling or peeling skin.

Document History

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