



Island Dermatology



DBA Advanced Dermatology / DBA Dermatology Associates of Downey / DBA Santa Ana Dermatology / Desert Dermatology

DRY & ITCHY-SKIN CARE

DBA Santa Ana Dermatology

- Cool quick showers and baths
 - Avoid prolonged showers or baths
 - Avoid wash cloths
 - Avoid hot water

- Moisturizing Soaps & Detergents-Cetaphil / Neutrogena / Dove / Purpose
 - Avoid harsh soaps- Irish Spring / Dial / Coast / Safeguard

- Moisturize regularly
 - Within 3 minutes after bathing

- Stop scratching
 - Keep nails trimmed / Cover hands at night

- Fragrance-free and Hypo-allergenic laundry detergents
 - ie ALL Free & Clear
 - Avoid use of fabric softeners

If any questions please call us:

Island Dermatology (Newport Beach): 949-720-1170

Santa Ana Dermatology: 949-720-1170

Advanced Dermatology (Glendora): 626-914-3675

Dermatology Associates of Downey: 562-923-3001

Desert Dermatology: 760-951-7762