

DRY SKIN AND KERATOSIS PILARIS

Dry skin and keratosis pilaris are common. Dry skin can occur at any age and for many reasons. Keratosis pilaris is an inherited skin problem that develops in up to 40% of the population.

DRY SKIN

Skin becomes dry when it loses too much water or oil. This is why skin generally becomes drier as we age, during winter, and in low-humidity climates such as the desert (like here in the Inland Empire!). Restoring lost moisture can make the skin softer, smoother, and less likely to crack. Below are some tips that can help improve dry skin.

Tips for Dry Skin

Avoid Hot Water- Hot water removes your natural skin oils more quickly. Warm water is best for bathing. Quick showers are suggested.

Use a Mild Soap- Deodorant bars, strong fragrances in soaps and products containing alcohol can strip natural oils from the skin. This dries the skin. Look for a mild, fragrance-free soap or cleanser that moisturizes.

Moisturize Right After Baths and Showers- A 5- to 10- minute bath or shower adds moisture to the skin. Spending more time in the water often leaves your skin less hydrated than before you started. To retain moisture from a bath or shower, apply an ointment or cream while the skin is still moist, within 3 minutes of bathing.

KERATOSIS PILARIS

In keratosis pilaris, tiny, flesh-colored or slightly red bumps give the skin a texture like sandpaper. The bumps are most common on the upper arms and thighs. Each tiny bump is a plug of dead skin cells. Most common in children and teens, keratosis pilaris sometimes itches, mainly during the winter and in low-humidity climates. When humidity increases, usually during the summer, the skin becomes less itchy and the bumps become less red and less obvious.

Keratosis pilaris is harmless, but people often seek treatment to relieve the itch or improve the look of these tiny bumps. Moisturizers may help with the dryness and itch. Creams that contain urea, lactic or glycolic acid are often effective. Though keratosis pilaris can be effectively treated, results are often short term. Patients must repeat treatment often, or the keratosis pilaris treatment returns. Some patients respond to treatment better than others.

Recommended products for Dry Skin and Keratosis Pilaris we carry in our office:

- **SkinPS Barrier Replenish Cream**- Great for overall dry skin on the face.
- **Neostrata Ultra Moisturizing Cream**- Good for sensitive skin users who are also looking for gentle exfoliation to reduce the signs of aging.
- **SkinPS Green Tea Scrub**- gently exfoliates dead skin plugs seen in KP
- **Neostrata Lotion Plus**- An extra strength exfoliating lotion for KP
- **Clarisonic System with Body Brush Attachment**