

Help! I'm itchy

Here are some things you can do to help relieve your itchy or dry skin:

- Keep skin cool and eliminate irritating clothing
- Use mild, unscented laundry detergent and consider double rinse
- Eliminate fabric softeners
- Keep fingernails trimmed
- Minimize bathing and use warm water **NOT** hot
- Use a mild soap or a soap-free cleanser such as:
 - Dove, Cetaphil cleansing bar or body wash, Aveeno body wash
- Apply moisturizing **CREAM (not lotion)** twice a day and after bathing such as:
 - Vaseline Creamy, Uremol 10% cream, Glaxal Base, Nivea cream
- An over the counter anti-itch skin product may sooth itching such as:
 - Aveeno Anti-itch cream, Gold Bond Anti-Itch lotion
- Try an over the counter antihistamine if itching keeps you awake such as:
 - Cetirizine 5mg at bedtime
 - Chlorpheniramine 4mg at bedtime
 - Desloratadine 5 mg at bedtime
 - Diphenhydramine 25mg at bedtime

Store brands of the above will work too, and may be more economical!

If you have any questions, ask your pharmacist for more information.