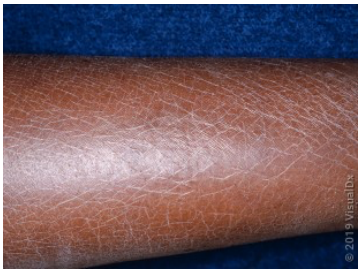
DOCTOR EDGES™

HAIR RESTORATION | DERMATOLOGY | AESTHETICS | WELLNESS

Dry Skin (Xerosis)



Xerosis, commonly known as dry skin, is characterized by rough, scaling, and sometimes cracking skin. It can be caused by environmental factors like cold weather and frequent bathing, as well as medical conditions such as eczema, hypothyroidism, and malnutrition. Dry skin results from a decrease in natural oils in the outer skin layer, causing water loss.

Who's At Risk

Dry skin can be seen in people of any age, race / ethnicity, and sex. However, the incidence of dry skin increases with age. Dry skin is caused by environmental factors, including low humidity, frequent bathing, harsh soaps. Dry skin is caused by medical conditions such as:

- Ichthyosis.
- Atopic dermatitis (eczema)
- Diabetes
- Hypothyroidism
- Down syndrome
- Liver or kidney disease
- Malnutrition
- HIV/AIDS
- Lymphoma

Signs & Symptoms

The most common locations for dry skin are the legs (especially the shins), arms, trunk, and back of the hands. Dry skin appears as dull, rough skin with fine scales that flake off easily. In more advanced stages of dry skin, the skin may have cracks that resemble a dry lakebed. The skin flakes may be white or gray. Inflammation of the areas may lead to pink or red patches. Dry, inflamed skin tends to be mildly to severely itchy.

Self-Care Guidelines

Healthy bathing habits can improve dry skin. Bathe or shower only once daily using lukewarm water and limit baths to 10 minutes. Avoid harsh deodorant soaps, using them only on armpits, groin, and feet, and opt for nonsoap cleansers like Dove Sensitive Skin Beauty Bar. After bathing, pat the skin dry and apply moisturizer immediately while the skin is moist. Choose oil-based creams or ointments, such as CeraVe Moisturizing Cream. Helpful over-the-counter products include petrolatum (e.g., Vaseline), fragrance-free creams (e.g., Cetaphil), alpha-hydroxy acids (e.g., AmLactin), urea creams, and cortisone cream for itchiness. Use a humidifier during cold, dry seasons to prevent dry skin.

When to Seek Medical Care

See a Doctor Edges board certified physician or a Doctor Edges board certified dermatologist for an evaluation if the above self-care measures do not cure your dry skin.