

## Bathing Instructions

- Avoid using excessively hot water; cooler water is less drying to the skin.
- Keep your bath or shower short, five minutes maximum.
- Do not aggressively scrub or exfoliate your skin. Use your hands to gently remove any surface dirt.
- Using less soap is better for your skin. Liquid soaps can still be drying.
- Use soap to clean the genitals and underarms; use water with no soap to clean the other parts of your body.
- When choosing soap use a moisturizing soap such as Cetaphil, Basis, Cerave, Aveeno or Dove Unscented.
- After stepping out of the bath or shower, apply moisturizer while the skin is damp (immediately after a quick dry with your towel).
- We recommend cream moisturizers made by sensitive skin brands such as Cetaphil, Cerave, Aveeno and Eucerin.
- If you do not mind a slight greasy feel to your skin, apply a thin coat of Aquaphor or Vaseline ointment while the skin is still wet. These ointments can work as excellent moisturizers.
- Consider purchasing a humidifier for the bedroom to keep the skin better hydrated during the winter months.

*Any further questions don't hesitate to call:*  
212-675-0549