Dry Skin (Xerosis) Patient Education

TWO-STEP HOSPITAL-GRADE SYSTEM

CHRONIC DRY SKIN CARE
Cleanses, moisturizes and protects severely dry, cracked skin
Soothes intense itching and redness

Dry Skin (Xerosis) Patient Education
Dry skin can seem like a minor nuisance to some, but for others it can become a persistent condition that significantly reduces their quality of life. We have used a team approach utilizing nurses, pharmacists, and physicians in the preparation of this booklet about caring for and preventing dry skin. We hope it helps provide you with valuable information to help you resolve any issues related to persistent and severe dry skin before they become more serious problems.

With warm regards,
Why Does Skin Get Dry?

Water is constantly passing through your skin and evaporating into the air around you. This process is called “trans-epidermal water loss (TEWL)” that simply means water is leaving your body through your skin. This is not the same process as sweating, and it occurs constantly throughout your life, even when you are cold.

Your skin produces natural oils that help to seal the skin and slow down the process of TEWL, keeping it healthy, intact, and properly functioning as a barrier. There are a number of processes that can speed up TEWL and contribute to dry skin including:

- Dry hot air and sunshine increase evaporation
- Below freezing temperatures tend to result in dry air and increased evaporation
- Wind increases evaporation
- Clothing and bed sheets (especially cotton) can “wick” moisture from the skin
- Soaps, detergents, and cleansers can strip away natural skin oils
- Natural aging processes affect skin in many ways
- Bathing in water that is too hot
- Certain medical conditions and even medications
Preventing Dry Skin

Incorporating a skin care plan into your daily routine will help decrease the negative effects of xerosis that can decrease your enjoyment of life and overall health. It is easier to prevent xerosis (dry skin) than it is to treat complications that arise from dry skin. Using a clinically proven skin care lotion and cream daily can help to prevent dry skin from developing. It is also helpful to recognize when you might be at higher risk of developing xerosis, such as when traveling to a dry climate, you need to be more aggressive in addressing your dry skin.

There are several ways that you can continuously keep your skin moisturized and healthy:

• Use Clean N Moist and Renewal Moisturizer on a daily basis.

• Work with your team of healthcare providers that will educate and guide you through the best possible care protocols.

• Use this handy guide as a reminder of how to make sure your skin and body remain healthy.

• Work with your team of professional health care providers to prepare a written plan that is tailored to your needs to make sure that you are doing everything possible to manage your xerosis.
Skin Moisture is Important

Taking care of your skin is important to help decrease and prevent xerosis and more serious complications. Mild xerosis is common and characterized by rough, scaly skin that is often itchy. As it progresses into more severe xerosis the dryness and itching intensify and the rough scaly parts may also develop cracks and fissures in the skin. Any breaks in the skin can result in more complications including infection, pain, sores, and chronic wounds. Itching skin can contribute to a great amount of general discomfort and scratching can result in more breaks in the skin.

To help avoid problems from scratching an itch:

• Keep fingernails and toenails clean and trimmed, avoiding sharp corners. This can help prevent skin breaks and infections when you scratch dry itchy skin.

• Wear socks and thin gloves at bedtime to avoid scratching and breaking the skin with finger/toenails while you sleep.

Helpful Tips

If any of the following symptoms develop in your skin, immediately contact your healthcare provider:

• Redness or warmth
• Swelling or pain
• Skin cracks, tears, or open sores
Two-Step Hospital Grade System Kit

Viniferamine®

Two-Step Hospital-Grade System

Chronic Dry Skin Care

Cleanses, moisturizes and protects severely dry, cracked skin. Soothes intense itching and redness.

Customer Satisfaction Guaranteed

Medically Advanced Small Molecule Technology

Kit Includes:
6 fl oz Clean N Moist
4 oz Renewal Skin Moisturizer
Educational Material
Getting Started

1. Purchase the Chronic Dry Skin Care Kit from your local pharmacy. Your health care provider may suggest additional items like a humidifier and a mirror.

2. Set a time every day to check your skin and record any changes. Keep a diary and record your findings so that you will be able to document any changes in your skin and will not have to rely solely on memory.

Using a Clinically Proven Treatment System

Chronic dry skin can affect your quality of life and you need to do everything possible to take care of and strengthen your skin to help reduce dryness and other complications. Keeping your skin properly cleansed, nourished and moisturized is an important part of your care plan. Here are some care tips:

1. Cleanse your skin by moistening your skin with warm water and applying Clean N Moist. Very gently rub the lotion onto the skin using the flat of your hand. Rinse with warm water. Avoid using a washcloth or other rough and abrasive cloths that can irritate the skin. Cleanse twice daily, morning and bedtime, or as directed by your healthcare team.

2. Gently apply Renewal Skin Moisturizer after cleansing, using a gentle stroking motion with the flat of the hand. Do not rub with excessive pressure as it can damage the skin. When cream is clear on the skin, stop the application and allow it to be absorbed on the skin. Apply to the affected area after every cleansing, or as directed by your healthcare team.

3. Check your skin for any signs of drainage, tears, sores or pain and record changes. Be sure to notify a healthcare professional of any areas of concern.
Avoiding Irritating Products

You might be surprised to learn that a lot of commonly used ingredients found in skin care products and laundry detergents can actually cause skin dryness and irritation. Some other properties of skin care products, such as pH, can also produce unwanted effects. The most commonly seen irritating properties include:

- Irritating detergents, surfactants, and foaming agents like sodium laureth sulfate (SLS) commonly found in soaps and shampoos
- Improper pH balance (too basic or acidic) disrupts the skin’s natural pH

Products Found In the Chronic Dry Skin Kit
Health Tips That Will Help Your Skin

1. Drink plenty of water to help keep your skin hydrated.

2. Avoid exposing dry skin to wind, sun or very cold temperatures that can further dry skin.

3. Eat healthy and take supplements to help keep your skin healthy.

4. Avoid drinking alcohol that can lead to dehydration and dry skin.

5. Don’t smoke - it weakens skin and increases skin dryness.

Tips to Avoid Skin Irritants

1. Avoid products that contain artificial colors or fragrances.

2. Use products specifically designed for sensitive skin to reduce exposure to potential skin irritants.

3. Avoid scratching your skin and talk to your healthcare provider if itching is intense or if you have any pain.

4. Avoid shaving creams and shaving affected areas.

5. Rinse, cleanse, and moisturize the skin after using swimming pools, hot tubs, and other bodies of chlorinated or salt water.

6. Wear loose-fitting clothing made from hypoallergenic materials.
Conclusion

The occurrence and severity of xerosis is dependent upon many factors, many of which can be predicted and addressed. Early skin treatment can help improve overall comfort while reducing the risk of infection, dermatitis, and subsequent skin breakdown. It’s important to pay close attention to your skin and report any problems to your healthcare provider. You are a big part of your skin health, and if you take good care of your skin every day as suggested, you will have taken control of an important part of your health care to ensure the best quality of life for yourself.
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Two-Step Hospital Grade Kits Available

• Antifungal Skin Care
• Chronic Dry Skin Care
• Diabetic Skin Care
• Edema Skin Care
• Fragile Skin Bruising Care
• Incontinent Skin Care
• Radiation Skin Care
• Venous Skin Care

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