

7 Expert Tips for Surviving Dry Skin Season

By Grace Gold



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Dry areas turn into eczema when patches of skin become rough and inflamed, and may even itch or blister in some cases. If you've had eczema in a certain spot before, it's very likely that the same area will be susceptible to showing symptoms again when your skin gets dry. It's a signal that you need to significantly step up your hydration habits. "Typically, moisturizers that come in pump bottles are lighter lotions that are less hydrating than creams, so I advise my patients to choose a moisturizer that comes in a tub or a tube instead," says Rebecca Kazin, MD, a dermatologist at the Washington Institute of Dermatologic Laser Surgery and part of the faculty at John Hopkins Dermatology. Making the change at the first sign of dry skin can help prevent eczema spots from returning. Try applying Aquaphor Healing Ointment, which uses petrolatum and glycerin to heal cracked and dry skin, to especially parched patches.

Additionally, treatment products with potentially drying ingredients like glycolic acid, salicylic acid, and retinol or prescription tretinoin should be strictly avoided where eczema is present, says Dr. Kazin. Advanced cases that blister, bleed, or don't respond to basic at-home treatment should be seen by a dermatologist who can prescribe a cortisone cream to help get eczema under control.

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