

Do you have mild dry skin? If so, it can and should be treated without seeing a doctor. Speak to your pharmacist about how they can support you to look after your skin in line with new NHS England guidance.

What can I do to help?

Several products are available to purchase. By following the steps below, it can reduce the incidence of dry skin:

- Apply moisturisers (creams, lotions & ointments) liberally 3 to 4 times a day.
- Moisturisers are best applied after washing your hands, taking a bath or showering because this is when the skin most needs moisture.
- Do not rub the moisturiser in – smooth it into the skin in the same direction body hair grows.
- Limit bath time, use warm water and avoid harsh, drying soaps.

When should I see a GP?

- If dry skin is accompanied by redness and/or inflamed.
- If dryness and itching interfere with sleeping.
- If you have open sores or infection from scratching.
- If you have large areas of scaling or peeling skin.

