

干燥皮肤护理

洗澡



- 用温水洗澡。避免用热水或冷水洗澡。
- 避免用毛巾、海绵或刷子用力擦皮肤。
- 用很少的肥皂，并只用在需要的部位。最好使用温和的肥皂，例如 Cetaphil、Vanicream、无香味的 Dove 肥皂。如果您的孩子皮肤非常干燥，您可以使用温和的清洁剂，例如用 Cetaphil 或 CeraVe 取代肥皂。避免洗泡沫浴。
- 您的孩子的洗澡时间不应当超过 10 分钟。洗澡后，用毛巾轻轻地将孩子的皮肤拍干。
- 洗澡后立即将润肤霜涂在孩子的皮肤上，保持皮肤湿润。

润肤霜和药物

- 您的孩子应当每天几次在全身涂无香味润肤霜，特别是在洗澡后，务必要这样做。
 - 适合冬季使用的润肤霜：Cetaphil 乳霜、CeraVe 乳霜、Vanicream、Aquaphor 或凡士林
 - 如果其他润肤霜过于稠厚，适合夏季使用的润肤霜：Cetaphil、CeraVe、Vanicream、Aveeno、Lubriderm、Moisturel 或 Curel 润肤液。
- 仅限在您的孩子皮肤患处涂处方药膏。最好选择与涂处方药膏不同的时间在孩子的全身涂润肤霜。如果是同时涂，应始终先涂处方药膏。

其他提示

- 洗衣服时，使用少量无香味、无染色的洗涤剂，例如 All Free Clear 或 Tide Free。如果您已经尝试这样做，但您的孩子仍然有皮肤问题，您还可以尝试在衣服洗好后再清洗一遍。在洗衣服或烘干衣服时，避免使用香味织物柔软剂和柔软纸。

让您的孩子避免：

- 科隆香水、香水、喷雾剂、空气清新剂、爽身粉等。
- 紧身或粗糙的衣服。全毛衣服和新衣服可能会有刺激性。
- 桑拿浴、热水浴和蒸气浴。将家中的温度保持在偏冷的度数。
- 如果皮肤非常干燥，增湿器或喷雾器可能会有帮助。请记住保持增湿器或喷雾器清洁，否则可能会通过潮湿的部位传播霉菌。

如需了解进一步详情

- 皮肤病科
206-987-2158
- 向您的孩子的健康护理服务提供者洽询
- seattlechildrens.org

免费口译员服务

- 在医院内，向您的孩子的护士询问。
- 在医院外，拨打免费家庭口译专线电话 1-866-583-1527。告诉口译员您需要通话的人的姓名或分机号码。



西雅图儿童医院向聋人、听力障碍者或不会讲英语的患者、家庭成员和法律代表提供免费口译服务。西雅图将根据请求用其他格式提供本信息。请打电话给家庭资源中心，电话号码 206-987-2201。

本手册已经由西雅图儿童医院的工作人员审阅。但是，您的孩子的需求具有独特性。在您根据本信息采取行动或依赖本信息之前，请向您的孩子的健康护理服务提供者洽询。

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Dry Skin Care

Bathing



- Use lukewarm water while bathing. Avoid hot or cold water.
- Avoid hard scrubbing with a washcloth, sponge or brush.
- Use very little soap, and only use in areas where it is needed. A mild soap is best, like Cetaphil, Vanicream or unscented Dove. If your child's skin is very dry, you can use a gentle cleansing lotion like Cetaphil or CeraVe instead of soap. Avoid using bubble bath.
- Your child should bathe for 10 minutes or less. After bathing, gently pat your child's skin dry with a towel.
- Use moisturizer on your child's skin right after bathing to keep in moisture.

Moisturizers and medicines

- Your child should use unscented moisturizers several times a day over the whole body. This is most important right after bathing.
 - Good moisturizers in the winter: Cetaphil cream, CeraVe cream, Vanicream, Aquaphor or Vaseline petroleum jelly.
 - Good moisturizers in the summer, if the others are too thick: lotions like Cetaphil, CeraVe, Vanicream, Aveeno, Lubriderm, Moisturel or Curel.
- Only put prescription creams and ointments on affected parts of your child's skin. It is best to put moisturizers over your child's whole body at a different time from when medicine is put on. If your child puts them on at the same time, prescription ointments or creams should always go on first.

Other tips

- To wash clothes, use a small amount of unscented, dye-free laundry products, like All Free Clear or Tide Free. If you try this and your child still has skin problems, you can also try rinsing clothes again after washing. Avoid scented fabric softeners and dryer sheets while washing or drying clothes.

Have your child avoid:

- Colognes, perfumes, sprays, Febreze, powders etc.
- Tight or rough clothing. Wool clothes and new clothes can be irritating.
- Saunas, hot tubs, and steam baths. Keep the temperature at home on the cool side.
- For extreme dryness, a humidifier or vaporizer may help. Remember to keep it clean, or molds may spread through the humidified area.

To Learn More

- Dermatology
206-987-2158
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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