

Get Dry Skin Relief From Frequent Handwashing

Tips from Scarsdale Medical Group's Dermatologists

People are washing their hands now more than ever thanks to COVID-19. The CDC has stated that folks should scrub their hands for at least 20 seconds to effectively stop the spread of germs. The use of an alcohol-based (60% or higher) hand sanitizer is also being used to rid your hands of harmful germs.

We might forget one important step after washing our hands or applying hand sanitizer - hand cream. Constant washing or sanitizing can strip the natural, protective oils in your skin, causing dryness, redness, itchiness and flaking. Those with dermatologic conditions such as eczema can experience worsening symptoms.

Our board-certified dermatologists offer these easy-to-follow tips to help alleviate dry skin while still washing regularly:

- Use a fragrance-free hand soap to wash your hands. Antibacterial soap is not necessary and tends to do more harm than good.
- Wash with warm water, not hot water, for at least 20 seconds, making sure to rub all surfaces of fingers and hands.
- Pat dry your hands with a clean a towel or let them air dry.
- Apply cream or ointment when your hands are slightly damp to seal in moisture.
- Select a moisturizer that contains mineral oil or ceramides. Hand washing is preferred but when using hand sanitizer, allow it to dry completely, then apply a moisturizer.

Our dermatologists are available for in-office appointments and consultations for adults and children.

Call (914) 723-7800 to schedule an appointment.

Accepting new patients with flexible appointments.

Call (914) 723-7800 for an appointment. Virtual visits are also available when appropriate.