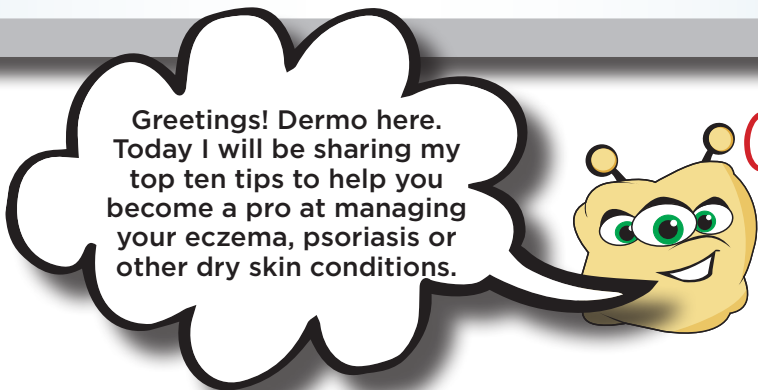


# DERMO'S TOP TEN TIPS!



Greetings! Dermo here. Today I will be sharing my top ten tips to help you become a pro at managing your eczema, psoriasis or other dry skin conditions.

## (8) REMEMBER TO PUT ON YOUR APRODERM® BEFORE AND AFTER YOUR BATH OR SHOWER

Putting on AproDerm® before your bath or shower will help stop your skin from getting dry. Also make sure the water is warm and NOT HOT and that you are out of there in 15 minutes MAX! Pat yourself dry (don't rub!) and put AproDerm® on again to keep in the moisture.

## (1) DON'T SCRATCH!

Eczema, psoriasis and dry skin can make your skin feel really itchy. Scratching will make the itch worse and can make the skin infected so instead gently stroke your skin.

## (2) KEEP YOUR NAILS SHORT AND SMOOTH

Bacteria can hide under your nails so keep them short. Also keep them smooth as sharp nails can scratch your skin making it bleed and the bacteria can get in!



## (3) DRINK LOTS OF WATER!

Your skin cells need to be full of water to help them make a strong skin barrier which keeps bacteria out and water in. When you have eczema or other dry skin conditions there is not enough water in these cells so do this so try to drink plenty of water throughout the day - anything from 4 glasses or more depending on your age.

## (5) APPLY YOUR APRODERM® AS OFTEN AS POSSIBLE (at least three times a day)

Emollients like AproDerm® make a layer on top of the skin which cools it, keeps bacteria out and water in (soothes, protects and moisturises). However emollients don't last long and can get rubbed off by clothes so you need to put them on as often as possible - at least three times a day.

## (6) DON'T RUB!

Rubbing your skin too hard will make it warm and itchy, so always pat it dry after a bath or shower and gently stroke it when it itches. Also make sure that you put on your AproDerm® in gentle, downward strokes, following the way the hair grows as rubbing the cream can block your pores!

## (7) KEEP USING APRODERM® EVEN AFTER YOUR SKIN GETS BETTER

Once AproDerm® has made your skin better it is important to carry on using it every day to prevent the risk of flare-ups.



**Flare-up definition**  
When your eczema, psoriasis or dry skin suddenly gets worse

## (4) ALWAYS WASH YOUR HANDS BEFORE PUTTING ON YOUR APRODERM®!

Our hands can have lots of invisible bacteria on them which can annoy your skin if they get into it. So to stop this happening make sure you always wash your hands before putting on your AproDerm®!

## (9) KNOW WHAT YOUR TRIGGERS ARE

Everyone has different things that can make their eczema, psoriasis or dry skin worse (flare-up), and these are called triggers. Some triggers can be:

Fabrics like wool - try cotton

Pet hair - keep pets out of your bedroom

Being too hot or too cold - stick to room temperature between 16-20°C

Chlorine in swimming pools - shower straight after swimming

## (10) PUT ON YOUR APRODERM® BEFORE BEDTIME!

Putting on AproDerm® 20 minutes before bedtime gives it enough time to soak into your skin and work its magic while you dream away!



"Eczema, Psoriasis and Dry skin are not something that you can catch. If they itch, do not scratch! Put on AproDerm® at least three times a day Following the hair, no other way!"



I hope you found all these tips useful! If you have any tips that you find helpful then get your mum or dad to email me them at [info@aproderm.com](mailto:info@aproderm.com)

