



## Exercise & Bathing

### Tips & Advice

### Explanation

When **exercising** wear **loose clothing** and remove sweat regularly by **patting** the skin with a **towel**. **Limit** the length of **time** that you exercise for to ensure that the skin doesn't get too hot and itchy

During exercise you get **hot** and **sweaty** which can make eczematous skin more **itchy, irritated** and **sore**. Wearing **loose clothing** will allow your skin to breathe and you to stay cool while patting, rather than wiping, the skin with a towel will remove excess sweat without irritating the skin

**Shower** immediately **after exercising** and apply emollient

Showering immediately after exercise will **remove sweat** from the skin as well as **cooling** it down. However showering can dry the skin so, after patting the skin almost dry, apply an **emollient to trap in moisture**

Apply an emollient **before and after swimming**

**Chlorine** and **water** can irritate and **dry out** your skin. Applying an emollient before exposure forms a barrier which can help alleviate this. Once you finish swimming **rinse off** thoroughly **or shower straight away** to wash off the chlorine. You should not wait until you get home as the chlorine will have dried onto your skin and while it's in contact with the skin it will keep irritating it. Remember after showering pat the skin and when it is almost dry apply the emollient, this will trap moisture in and hydrate the skin further

Apply a **pre-bathing emollient** before bathing

**Bathing can dry out the skin**, applying a pre-bathing emollient beforehand forms a barrier which can help alleviate the drying effects

Use a **SLS free emollient** in the bath rather than bubble baths which may contain sodium lauryl sulfate (SLS)

Sodium lauryl sulfate can **irritate** the skin

Take **warm, NOT HOT** baths, lasting no longer than **10-15mins**

**The heat** from the water can cause your skin to get hot which in turn causes **itching and flare ups** so a warm bath is better than a hot one. Baths can also dry the skin so should be limited to **10-15 minutes**

Use a **non-slip bath mat** in the bath or shower

Emollients can cause bath and shower surfaces to become slippery so a non-slip mat will stop you slipping and prevent any injuries

Always **pat** your skin **dry**

**Do not rub** the skin as this generates **heat** and can make the skin more **itchy and irritated**, always pat it dry

**After bathing** apply an emollient to skin that is **almost dry**

An emollient should be applied, within **3-4 minutes** of getting out of the bath or shower, to skin that is almost dry as this will **trap in moisture** thus hydrating it further