

QUESTION OF THE WEEK



**Kathleen  
Mahan**

SPECIAL TO THE NEWS-PRESS

***How can I restore  
moisture to dry skin?***

Applying lotion to the arms and legs within three minutes of showering will help to keep moisture in the skin. Try to use a skin lotion that does not have dye and perfume added to it. Yes, it smells nice but it is usually based in alcohol which can dry your skin.

Using lotion twice a day will help keep your skin moist. I suggest a pH-balanced lotion such as Cetaphil, Eucerin or Aquaphor. For really stubborn dry skin, I prefer Aquaphor. This is an ointment but, used sparingly, it can be very effective. Plastic surgeons frequently use it after cosmetic procedures.

Kathleen Mahan, ARNP, MSN, WCC, is an Advanced Registered Nurse Practitioner with Physicians' Primary Care of Southwest Florida in the Fort Myers Family & Internal Medicine office at 7381 College Parkway (239-482-1010).



GETTY IMAGES/STOCKPHOTO

Applying lotion within three minutes of showering will help to keep moisture in the skin.