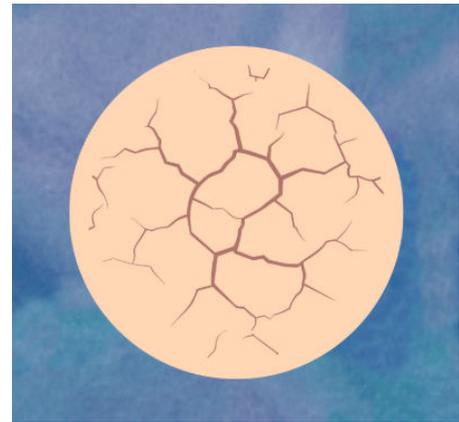


Xerosis

Xerosis is dry, rough, or scaly skin caused by decreased oil production and moisture retention. It can cause itching, discomfort, and an increased risk of skin cracks or infection.



Causes of Xerosis

Xerosis is extremely **dry skin**, common in older adults due to reduced **oil production** and **moisture retention**. It can cause itching, roughness, flaking, and increase the risk of cracks and infections. Untreated, it can lead to discomfort and skin breakdown.

Symptoms of Xerosis

Common signs include **tight**, **rough**, or **scaly skin**, **itching**, **redness**, and **cracks**. In severe cases, dryness can lead to painful **fissures** (crack or tear in the skin) or **infections**. Scratching can further irritate the skin and slow healing.

Prevention and Care

Using **fragrance-free moisturizers**, **limiting hot showers**, **staying hydrated**, and using a **humidifier** can help keep skin healthy. Gentle soaps and protective clothing reduce irritation, while applying lotion after bathing helps lock in moisture.

When to See a Doctor

If dryness leads to **persistent** redness, deep cracks, bleeding, or signs of infection, seek medical advice. A doctor may recommend **prescription creams** or other treatments to prevent complications.

Helpful Products

- **Moisturizers**: Thick, fragrance-free creams with ceramides, urea, or petroleum jelly help lock in moisture.
- **Cleansers**: Mild, non-soap cleansers prevent further drying while gently removing dirt and oils.
- **Gentle Exfoliators**: A mild exfoliant, like a soft washcloth or lactic acid lotion, can remove flaky skin without irritation.
- **Hyaluronic Acid (HA)**: Helps draw moisture into the skin but should be followed with a moisturizer to seal in hydration.
- **Soft Fabrics**: Cotton clothing can reduce irritation on sensitive skin.