



Top tips to tackle itchy skin

TOP TIPS

1 Keep your skin clean and dry

When you are washing or bathing avoid using soap on your skin. Soap removes the protective barrier on the skin and increases the risk of it becoming dry and itchy. Products used should be pH neutral and chemical free. Consider using an emollient as a soap substitute instead. Always pat the skin dry and avoid vigorous rubbing as it can damage the skin.

2 Remove dry skin

You are wearing compression because your venous and lymphatic systems need help in returning blood and fluid back to the heart. One of the problems associated with problematic veins in the legs is dry, dead flaky

Itchy skin can drive you to distraction and can be really annoying, especially if it is underneath your compression garment. Here we present top tips for banishing your itch!

skin, sometimes referred to as hyperkeratosis. This can cause very itchy skin and dry flakes should be gently removed during washing or bathing. Sometimes you may need a

special pad or wipe to help you remove the dry, dead skin.

3 Keep skin supple and smooth

Once your skin is clean, dry and free from flakes, it's time to help keep your skin supple, smooth and elastic by using a pH neutral, chemical-free emollient or moisturiser. Apply the cream or ointment in a downward motion as massaging upwards forces the cream or ointment into the hair follicles which can cause folliculitis. Some





emollients leave a greasy layer in the bath or shower and so there is a risk of slipping or falling. Use of a rubber mat or grip bar is recommended.

4 Stay well hydrated

Keeping your skin healthy means ensuring fluid intake is sufficient. Make sure you have a minimum of 1700ml per day.

5 Check out any allergies

Itchy skin can sometimes be caused by an allergic reaction to a dressing or cream. If this is the case, you may need a test to find out what you are allergic to, so that you can avoid using that product in the future. Things that commonly cause problems are lanolin, rubber, perfume and preservatives such as parabens. 

