



Moisturise to keep your skin soft and supple

Once your skin is clean and dry, it is important to moisturise to maintain elasticity and hydration. Read on for tips on the best way to moisturise to optimise your skin health.

Moisturising is an important part of your skin care regimen. It is a good way to restore moisture that has been lost through exposure to harsh conditions that result in dryness and irritation.

Applying moisturiser rehydrates the surface layer of the skin, and helps to seal in water. It also provides a protective barrier against the environment.

Read our top tips on how to get the best out of your moisturising routine.





1 Pick the right product

Remember, just like washing your limb, what you use to moisturise matters.

Use a bland, unperfumed moisturiser or emollient. Your healthcare professional may recommend the best product for you, and may give you a prescription. Otherwise a shop-bought moisturiser will work, just make sure it is pH neutral so that it doesn't dry or irritate your skin.

2 How often?

If your skin is in normal, healthy condition, moisturising once each day after cleansing is enough to maintain skin health.

If your skin is dry, it may be itchy, particularly under your compression garment. Putting the moisture back may help to relieve this issue. You may need to use an emollient, applied twice a day for maximum benefit.

Whatever your skin type, applying your moisturiser before bed will ensure you get optimum hydration from your product.

3 Apply gently

Remember to wash and dry your hands before applying, and ideally use a product with a pump dispenser so you don't contaminate the product by putting your hand inside. Apply gently without stretching the skin. Use a downward motion to avoid blocking the hair follicles with product. Apply in thin layers so that it is absorbed into the skin and doesn't build up in a thick layer on the skin surface.

4 Apply your topical medication

If you have any prescribed topical medications for your skin, such as a cream for Athlete's foot, apply it now, as part of your routine.

5 Wait a while

Leave the moisturiser and any medications to soak into the skin before applying your compression garment. This is to ensure your skin gets maximum benefit from the product, and that your garment is not damaged and is easy to apply. 

