

Top tips to tackle itchy skin

5 easy steps

1 KEEP YOUR SKIN CLEAN AND DRY

When you are washing or bathing, avoid using soap on your skin. Soap can strip the natural, protective barrier of the skin and increases the risk of it becoming dry and itchy. Products used should be simple and chemical free. Consider using an emollient (moisturising) soap substitute instead. Always pat the skin dry and avoid vigorous rubbing as this can also damage the skin.

2 REMOVE DRY SKIN

You are wearing compression because your venous or lymphatic system needs help in returning blood or fluid back to the heart. One of the problems associated with problematic

TOP TIPS

Itchy skin can cause irritation and discomfort, especially if it is underneath your compression garment. Here we present top tips for banishing your itch!

veins in the legs is dry, dead flaky skin, sometimes referred to as hyperkeratosis. This can become very itchy and so it 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, apply a simple, chemical free emollient or moisturiser to help keep your skin supple, smooth and elastic. 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 hydrated means ensuring your fluid intake is sufficient. Make sure you have a minimum of 1700 mls 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. ▶

