



Essential skin care in five easy steps

TOP TIP

Stay hydrated

The skin has a large water content, and when well hydrated, is plump and more resilient. Aim to drink 6–8 glasses of water a day to boost your skin health.

1 Cleanse

Wash your skin daily. Avoid using perfumed products which might irritate your skin and cause it to dry out.

2 Dry

Dry your skin well. Make sure any skin folds are dried thoroughly to prevent the skin breaking down and becoming at risk of infection.

3 Check out your skin

Look at your skin for any changes in its condition. If there are any cuts or scratches, treat them with an antiseptic to help reduce the risk of infection. Treat insect bites with antihistamine cream. Look out for redness, heat, and swelling which might indicate an infection. If concerned, contact your healthcare professional immediately for advice.

4 Moisturise

Moisturise your skin to keep it supple and to soothe any irritation caused by dryness. For normal skin, one application of a bland, unperfumed moisturiser is enough. For dry skin, a paraffin-based emollient applied twice a day will be beneficial. Whatever your skin type, apply before bed for maximum benefit.

Remember, always apply in downward strokes to stop the hair follicles becoming blocked.

5 Wait a while

Don't apply compression garments straight after moisturising. Emollients can damage the fabric of your garment, and can make application difficult. 

