

Moisturise your skin regularly to keep it in good health

Moisturising your skin regularly is an important step to maintain its elasticity and hydration so that it can perform its barrier function well. Read on to discover how to moisturise to optimise your skin health.



Moisturising is an important part of your skin care regimen. It is especially vital in the winter months when cold weather and central heating can all have a drying effect on the skin, which if not addressed, can lead to

further irritation, and possibly cracks in the skin's protective barrier against the outside world. This can provide an entry point for micro-organisms in the environment, leading to an increased risk of skin infection, known as cellulitis.



Why moisturise?

Moisturising rehydrates the surface layer of the skin, and helps to seal in water. This helps to provide relief from itching, dryness and irritation. It also provides a protective barrier against the environment.

What shall I use?

There are a range of options available to moisturise your limb. Your healthcare professional should be able to advise you on the best product for your skin, and may give you a prescription.

If your skin is in a normal, healthy condition, moisturising once each day after cleansing with a bland, unperfumed moisturiser or emollient is enough to maintain skin health. For skin that is very dry and itchy, a thicker emollient applied twice a day may be needed until there is an improvement in your skin's condition.

Let your moisturiser get to work while you rest

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

How to apply

Make sure your hands are clean before you begin to moisturise. A product with a pump dispenser can help you to avoid introducing germs into the product. When applying, it is best to use a downward motion to avoid blocking the hair follicles with product, which can lead to irritation and inflammation. Apply gently, to avoid damage; remove any jewellery beforehand that could cause trauma to fragile skin and apply in thin layers that can be easily absorbed. Applying too thickly can lead to product build up.

Don't forget medications

If you have any prescribed topical medications for your skin, such as a cream for Athlete's foot, or an antihistamine cream for an insect bite, don't forget to apply it.

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, that your garment is not damaged and that application of your hosiery is easier. ➤