

Mayo Clinic Minute

Winter skin protection tips

VIDEO	AUDIO
	“It’s cracked right here.”
	They’re the wounds in an annual battle with dry winter air.
	“When the temperature drops, the humidity tends to drop with it.”
	“And, so, naturally your skin dehydrates.”
	Mayo Clinic dermatologist Dr. Dawn Davis says hands are especially vulnerable to cracks and cuts that can put you at risk for infection.
Title: DAWN DAVIS, M.D. DERMATOLOGY Mayo Clinic	“So the use of winter clothing is very helpful to help slow or delay or prevent evaporation off the skin surface.”
Graphic: Moisturizers Ointment Cream Lotion	If that’s not enough, Dr. Davis suggests one of three categories of moisturizers: ointments, which contain oil; creams, which may have oil and water; and lotions, which are generally water-based.
	“If your skin is extremely raw, you may want to start with ointments.”
	Once skin improves, rubbing in a hypoallergenic, fragrance-free cream or lotion may provide enough moisture to prevent further problems.
	“And, remember, these products only last for a few hours at maximum. So you really need to hydrate and moisturize at minimum two to three times daily.”
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I’m Jeff Olsen.