



## 7 Ways to Reduce the Itch

Eczema can be frustrating and uncomfortable. Here are 7 ways that you can try to help reduce the itch from home:

**1. Moisturize, moisturize, moisturize!**

Keeping your skin hydrated can be the key to reducing the itch caused by eczema. Applying a moisturizer helps lock in your skin's own moisture. To get the most out of your moisturizer, apply it right after you get out of the shower or bath, pat dry leaving skin slightly damp and then apply the moisturizer. This will help lock in as much moisture as possible.

**2. Use a cream or ointment instead of lotion to moisturize.**

You may not realize that there is a distinct difference between lotions and creams. Lotions come in pump bottles and creams come in a tube that you squeeze or a tub that you dip out. Lotions are thinner in nature and are not as effective in trapping moisture as the thicker creams. Ointments can also be effective. Using petroleum jelly can be very moisturizing.

**3. Take an oatmeal bath.**

A quick soak in a lukewarm oatmeal bath can help ease itching. You can purchase a pre-packaged oatmeal bath mix at your local drug store. Simply follow the directions on the label and soak for about 15 to 20 minutes. Then gently pat dry and apply moisturizer right away.

**4. Use a cold compress.**

Place an ice pack inside a towel and hold it on to the itchy skin for a few minutes or as needed to help relieve itch.

**5. Wear comfortable fabrics.**

Choose loose-fitting fabrics and comfortable fabrics such as organic cotton or cotton blends. Avoid coarse materials like wool and synthetic fabrics because they can be irritating to skin.

**6. Keep fingernails cut short.**

Having long fingernails can make it hard to resist the itching. Keeping your fingernails cut short will reduce the desire to itch and also do less damage if you do itch. If you find yourself itching at night, try wearing cotton gloves to bed.

**7. Use over-the-counter medications.**

Topical anti-inflammatory creams, such as hydrocortisone, can help reduce itch. Oral antihistamines, such as Claritin or Benadryl, can also be effective. If, however, your symptoms persist or worsen, be sure to see your dermatologist who can prescribe stronger treatments.

If your condition does not improve, it is never a bad idea to come in and see your dermatologist. Dr. Moore and his team can assess your issue and determine the best course of action to help treat your eczema. If you or someone you care about suffers from eczema, give our office a call at 574-522-0265 today to schedule an appointment.

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Source:

Greenlaw, E. (n.d.). Eczema in Adults: Dealing with Itching. Retrieved April 24, 2015, from <http://www.webmd.com/skin-problems-and-treatments/eczema/treatment-11/eczema-itching?page=1>

Villett, M. (n.d.). 3 ways to soothe eczema | Health | Best You | Best Health. Retrieved April 24, 2015, from <http://www.besthealthmag.ca/best-you/health/3-ways-to-soothe-eczema#Tsb7laghw5yLDSH.97>

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