## MOISTURIZATION AND LUBRICATION: A PROVEN REMEDY FOR DRY, SCALY, FLAKY SKIN

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**Statement of the Problem:** Aging, edema, diabetes mellitus, and deccreased vascularization all contribute to dry, scaly, and flaky skin of the lower extremities. A vigorous program is required to remove scales, scabs, and debris, cleanse the area, and get to the enveloping epithelial layer. A maintenance program is then required to maintain the skin in optimal condition.

**Methods:** For the past 13 years, we have utilized a skin care program including prevention, education, and compliance in skin hygiene to address the problems presented by the patient with dry, scaly, and flaky skin. Moisturization and lubrication of the damaged skin are key components of our protocol. We use a concentrated melting moisturizing creme\* to moisturize, lubricate, and heal skin.

Results & Conclusions: Four cases have been chosen as examples to demonstrate the utility of our program. These include a 67 year old man with Down's Syndrome and a three year history of dry, flaky scaling of the legs; a 30 year old man with severe scabbing and contamination of chemical burns to both pretibial areas; a 53 year old non-compliant man with venous disease, bilateral pedal edema, and persistent fungal issues; and a 63 year old man with diabetes mellitus. These four case summaries and photographs are illustrative of many cases we have treated during the 13 year period. During that time, moisturization and lubrication provided by the concentrated melting moisturizing creme has largely eliminated the problem of dry, scaly, and flaky skin seen secondary to a wide variety of conditions.



Edematous L. leg at time of presentation



Following initiation of protocol



2 wks after daily use of moisturizing cream



1 wk. after chemical burns to pretibial areas



Following 2 days of collagenase & moisturizing



21 days after moisturization and lubrication with cream

<sup>\*</sup> Elta Moisturizing Crème (SteadMed medical LLC, Ft. Worth, TX)



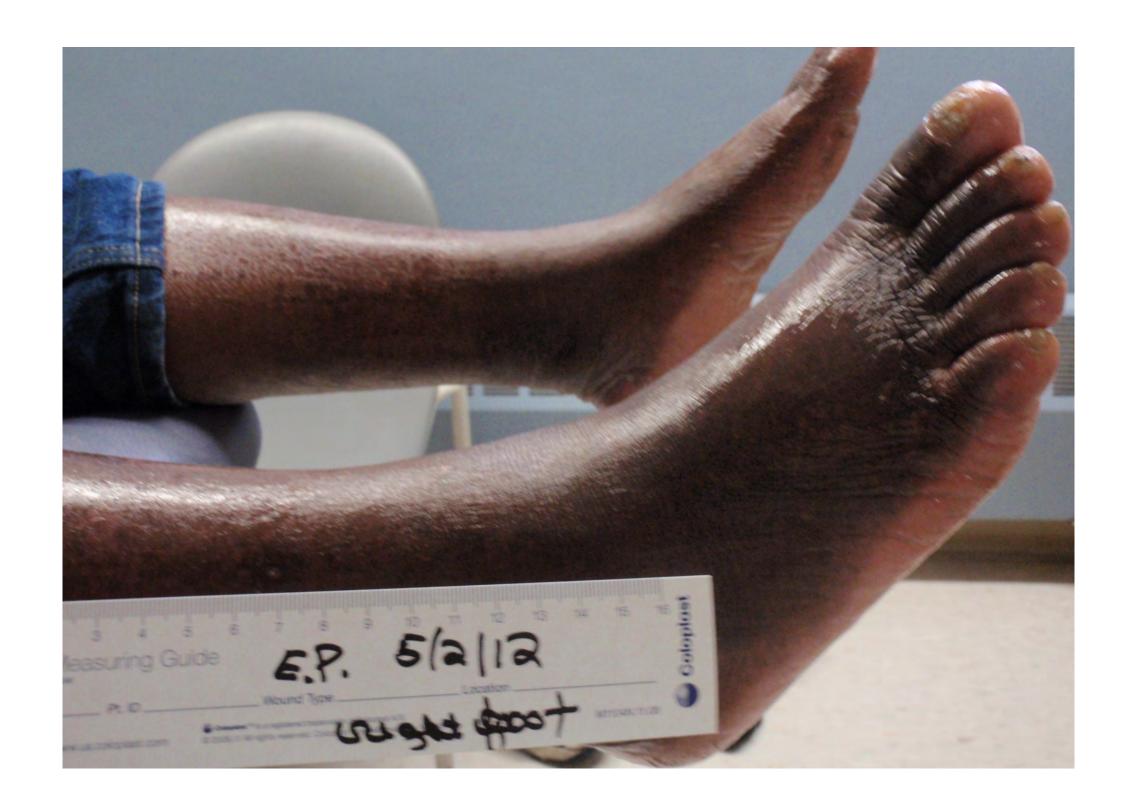
R. leg with dryness and eschar post-blistering and edema



After softening and eschar removal with moisturizing cream



Dry, scaly flaky skin in patient with diabetes mellitus



Feet following Rx with moisturization and lubrication on daily basis