

Skin Care for People on Dialysis

Dialysis patients may have dry, itchy skin. The reason for this varies. You can discuss this with your doctor.

What can I do to Improve My Skin?

- Ask how to better manage your phosphorous and necessary medications (binders). A high phosphorous level is the most common cause of itching which can be avoided.
- Use warm water instead of hot water in your shower or bath. Hot water can cause dry skin because it strips the body's natural oils.
- Cleanse gently. Use a gentle, unscented, moisturizing soap.
- Pat dry after your shower or bath instead of rubbing your skin with a towel since this can irritate your skin.
- Apply a thick moisturizer to slightly damp skin within minutes of bathing to trap in moisture. Products without fragrance can be gentler, for example petroleum jelly, coconut oil and shea butter.
- Use a humidifier in your bedroom to replenish moisture in the air. Cold dry air can cause dry skin.

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