

Skin Care and Kidney Disease

People with dialysis often have dry, itchy skin. The reason for this varies and can include high phosphorus or inadequate dialysis treatments. These tips can keep your skin healthier and decrease itching.

Bathing:

- Take quick showers with warm water instead of hot water. Hot water can cause dry skin because it strips the body's natural oils.
- Bathe less often, this can help since water and soap dry the skin.
- 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 skin.

Moisturizing:

- Apply a thick moisturizer to slightly damp skin within minutes of bathing to trap in moisture. Reapply moisturizer as needed.
- Products without fragrance can be gentler such as petroleum jelly, coconut oil and shea butter.

Clothing:

- Use natural materials, like cotton. They are gentle on your skin and allow your skin to breathe.
- Wash your clothes in unscented detergent
- Avoid fabric softener and dryer sheets which can irritate skin

Add moisture to the air:

- If the air in your home is dry, use a humidifier. Cold, dry air can cause dry skin.

Ask about your phosphorus level:

- If your phosphorus level is high, it can cause itching. Some people take medications (binders) to help with this.

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