

# The **DO'S** & **DON'TS** of Psoriasis Care!

## DO:



1. Moisturize your skin



2. Apply creams and ointments prescribed by a dermatologist



3. Using hair brushes with soft bristles



4. Wear loose fitting clothes



## DON'T:

1. Use hot water when bathing if you can



2. Use bleach or fabric softener when doing laundry



3. Scratch or pick at skin around any cuts or scrapes

4. Be in hot humid conditions. Avoid getting sunburnt!

