

## How to Repair Cracked Skin as Temperatures Change, According to Dermatologists

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Vaseline, Aquaphor or Vanicream can all help repair dry, cracked skin. (Graphic by Nicolette Accardi | NJ Advance Media for NJ.com)

Washing your hands is very important to help prevent the spread of COVID-19, and when coupled with cold weather, all that hand-washing can come at a cost: dry, cracked skin.

Alcohol-based formulas and soaps can take a toll on your skin after awhile, especially when washing your hands several times a day.

***For some tips to keep your skin intact, we spoke to New Jersey-based dermatologist Dr. Rebecca Baxt, who's board-certified and the Medical Director of [BAXT CosMedical in Paramus](#).***

***"Severe hand and wrist dryness from over-washing is a condition I see multiple times a day during the coronavirus pandemic," Dr. Baxt told NJ Advance Media. "To prevent it, it requires using moisturizer every time the hands are washed."***

***Dr. Baxt recommends the following products, depending on severity.***

### **Severe**

"If the skin is very cracked and raw, the thing to use is an ointment such as [Vaseline](#), [Aquaphor](#) or [Vanicream](#)," Dr. Baxt said. "These tend to be a bit greasy, so sometimes it is hard to use them many times a day, but at the very least twice a day — morning and evening."

All three products are readily available at big retailers like [Amazon](#) and [Walmart](#), or your local drug stores.

### **Moderate**

"The next level down would be a cream — [Neutrogena Norweigan formula](#) is a popular option, but any moisturizing cream would be good as an alternative to the ointment if it is too greasy," Dr. Baxt said. "Lotions are good, but often too thin in this scenario."

One other very popular hand cream product out there is [O'Keeffe's Working Hands Hand Cream](#), which is less than \$8.

## **Maintenance**

The [Centers for Disease Control and Prevention](#) recommends washing your hands [for at least 20 seconds](#) each time, but if your hands need a break from harsh soaps, hand sanitizer is an alternative.

“Once it’s healed, I actually recommend hand sanitizer as a less drying alternative to constant washing with soap,” Dr. Baxt said.

The most popular hand sanitizer brands are [Purell](#) and [Germ-X](#), which offer bottles [in bulk](#) as well as [travel sizes](#).

## **Other skincare tips**

Dr. Anjali Mahto, a dermatologist in London, has been posting [skincare tips on Instagram](#) throughout the pandemic. Two skincare tips Mahto gives are to use [an anti-microbial hand wash](#) and to wear a “hand mask” at bed in the form of [cotton gloves](#).

If you don’t want to wear gloves while sleeping, there is [a lotion called Gloves In A Bottle](#) that creates a pair of “invisible gloves.”

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