



Caring for your skin with kidney disease

Dry, itchy skin is common among people living with kidney disease. Itching may be caused by dry skin; high phosphorus, calcium, or parathyroid hormone levels; or inadequate dialysis treatments.



If you have dry, itchy skin, include these tips in your daily routine to keep your skin healthier and avoid the itch.

Change how you bathe

Water and most soaps dry out your skin. Choosing quick showers over baths, bathing less often, and using warm water instead of hot can all help. Use fragrance-free soap, blot dry, and moisturize while skin is damp.

Moisturize regularly

Putting a cream or ointment on 1 to 4 times a day can help combat dry skin and relieve some of the itchiness you may be feeling.

Wear gloves

Reduce dry and raw skin by wearing gloves before doing activities such as going outdoors in cold weather, washing dishes, or using cleaning supplies.

Wear cotton

Natural materials like cotton are gentle on your skin and allow your skin to breathe. Wash your clothes with hypoallergenic detergent.

Add moisture to the air

If the air in your home is dry, use a humidifier.

Choose healthier skin care products

When selecting skin care products, choose healthy ingredients and know what to avoid.

Recommended ingredients

- Jojoba oil
- Dimethicone
- Glycerin
- Hyaluronic acid
- Lanolin
- Mineral oil
- Petrolatum
- Shea butter

Ingredients to avoid

- Alcohol (except for hand sanitizer)
- Alpha-hydroxy acid (AHA)
- Fragrance, including deodorant soap
- Retinoids



Talk to your care team for more information about how to keep your skin healthy.