

Information Leaflet  
for Patients



# Moisturizing the Ageing Skin:

## Key Aspects and Practical Tips for Effective Care

### The aim of this leaflet

This leaflet provides information for older adults and their caregivers about how skin changes with age, describing the key practical steps of a skin care routine that protects and restores the skin.

**Important disclaimer:** This brochure provides general guidance only and is not a substitute for individualized medical evaluation or treatment.

# Moisturizing the Ageing Skin: Key Aspects and Practical Tips for Effective Care

As we age, the skin becomes thinner and loses its natural oils, leading to dryness and fragility.

Regular use of moisturizers helps to restore and protect the skin barrier. Apply your moisturizer at least twice daily, ideally after bathing and before sleep, when the skin is still slightly damp. In dry or sunny weather, use it more frequently. Choose fragrance-free, lipid-rich creams or ointments for better hydration.

Consistent moisturizing supports comfort, elasticity, and resilience in ageing skin.

To remember the key steps for healthy skin care, think SMART:

## SMART

**S → Sustainable use:** Make moisturizer (emollient) application a regular habit.

**M → Medication awareness:** Some medicines (e.g., diuretics, antihyperlipidemics, antihistamines) may cause dryness; moisturize more often if you use them.

**A → After bath or swimming:** Always reapply moisturizers when the skin barrier is temporarily weakened by water exposure.

**R → Repeat:** Reapply during the day whenever the skin feels dry or tight.

**T → Timing:** Use moisturizers at the right time, before sleep and after sun exposure are especially effective.

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While every effort has been made to ensure that the information given in this leaflet is accurate, not every treatment will be suitable or effective for every person. Your own clinician will be able to advise in greater detail.