



**Agnieszka J. Niemeyer, M.D.**  
*Medical, Surgical & Cosmetic Dermatology*

558 N. 5<sup>th</sup> Avenue • Sequim, WA 98382  
Office (360) 681-6900 • Fax (360) 681-6222  
[www.paragondermatology.com](http://www.paragondermatology.com)

### **Am-Lactin 12 % cream or lotion:**

Daily moisturizing is essential to maintain healthy skin. One of the most effective moisturizers is Am-Lactin 12% lotion or cream. **Am-Lactin** contains Lactic acid which helps to gently remove dead dry skin

### **How to use your moisturizers?**

After bathing/showering pat dry the skin, while skin is still moist apply **Am-Lactin** all over body except face and groin area. **Am-Lactin** may cause a slight tingling feeling (due to the acid content) and has a light sour smell. Am-Lactin can be purchased in any pharmacy or Wal-Mart like store; it is also carried by Costco (next to the pharmacy window). Other good moisturizers (not as good removing accumulated dry skin) are:

- **CeraVe**
- **Neutrogena light sesame formula body oil.**
- **Aveeno**
- **Eucerin**
- **Cetaphil**
- **Lubriderm**