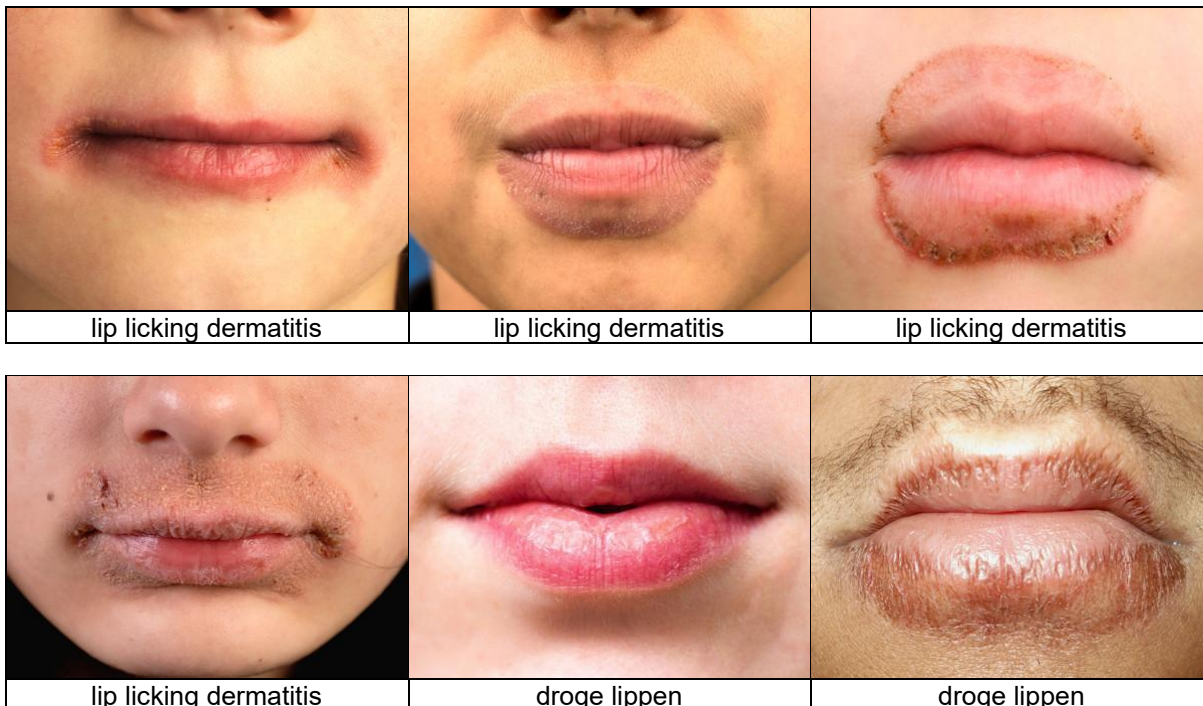

DRY LIPS AND LIP LICKING DERMATITIS

WHAT IS IT ?

Dry lips with flakes and cracks are common and can be very annoying. When lips are dry, most people naturally tend to lick them with their tongue to moisten them. This does not really help; in fact, it dries out the lips even more, and the skin around the lips can also become irritated by the moisture, causing persistent eczema around the lips. This eczema is called lip licking dermatitis.

WHAT DOES IT LOOK LIKE?

Dry lips show cracks, fissures, and flakes. It may also be that there is not much to see except for a slight increase in redness, but that the lips still feel dry. Lip licking dermatitis causes a red, flaky rim around the mouth. This area feels irritated and may itch. It is limited to the area that the tongue can reach.



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WHAT IS THE CAUSE?

Dry lips can be caused by environmental factors, such as dry air. In winter, the air is often dry (low humidity), but the air can also be very dry in homes and offices. Another cause of dry lips is exposure to sunlight (UV radiation). This can happen in the summer, but also on a sunny winter day, and especially in high mountains, for example during a winter sports vacation. General dehydration of the body, due to not drinking enough, can also be a cause. Some medications can also cause dry lips. Diuretics, for example, but also vitamin A-like medications such as Neotigason, which is prescribed for acne (pimples), cause dry lips. Finally, the habit of constantly licking your lips with your tongue is also a major cause of dry lips and eczema around the lips, known as lip-licking dermatitis.

WHAT IS THE TREATMENT FOR DRY LIPS AND LIP LICKING DERMATITIS?

Dry lips can be prevented by keeping the lips well moisturized with a lip balm in the form of a stick or a small jar of ointment.

Also pay attention to possible causes. Check that the humidity in your home or at work is not too low. Drink enough fluids and be careful not to become dehydrated if you are taking diuretics. For medications that cause dry lips, such as Neotigason, the daily dose can sometimes be reduced slightly. Use a lip balm with sun protection factor when it is sunny and in the mountains. Sometimes irritated and flaky lips are caused by an allergy to something that comes into contact with them, such as lipstick, toothpaste, or certain foods and drinks.

With lip licking dermatitis, it is important to realize that it is caused by licking your lips with your tongue throughout the day. You should try to stop doing this. This is difficult because it has become a habit. Instead of licking, continuously apply a grease or lip balm stick from a reputable brand (Labello, Blistex, Blistex Medplus, Eucerin, and many others). Do not peel off any flaky skin from your lips, as this will only make it worse. If necessary (sunny winter weather, winter sports), use a lip balm with UV protection. Lip balms are available in many shapes and sizes at drugstores or pharmacies, and can often be found at supermarkets. Choose a reputable brand and try out different brands.

WHAT PRODUCTS ARE AVAILABLE FOR DRY LIPS?

Vaseline

Vaseline is a very oily ointment. It is available in small mini tins to take with you on the go. Vaseline seals the skin and prevents dehydration.

Lanette-vaselin

Lanette-vaselin is slightly less greasy and contains lanolin (wool fat). This allows the ointment to absorb water, which has a better moisturizing effect than petroleum jelly.

Cocoa butter

Cocoa butter is also a fat, of vegetable origin. There are different varieties available, in the form of lip balms/sticks and jars. One example is Palmers Cocoa Butter.

Lip balm in the form of a stick or a small jar to take with you

There are many varieties of this, with different compositions. Choose something from a well-known and reputable brand such as Labello, Purol, Blistex, Dr. Swaab, Eucerin, Lavera, etc. In high mountains and sunny weather, especially during skiing holidays, use a lip balm with UV protection.

Prescription ointments

Persistent eczema around the lips may require the use of an anti-eczema ointment containing corticosteroids. These are prescribed by your GP or dermatologist. One example is hydrocortisone ointment. Do not use these types of ointments too often around the lips, as they can cause side effects. Keeping the area well moisturized is more important.



Lip Therapy Original



Palmers cocoa butter lipbalm 4 g



Palmer's Cocoa Butter Formula
gr moisturizing..



Blistex Classic Lip Protector Stick
4.25gr



Blistex Lip Sensitive Stick 4.25gr



Blistex MedPlus Stick 4.25gr



Blistex Lip Relief Cream tb 6gr



Blistex MedPlus Potje 7ml

