A Skincare Dilemma

Is it alright to keep switching or rotating skincare products, especially for those with eczema? How will I know which is the best product for me?

Generally, there are no restrictions on whether you should or should not switch skincare products. In fact, we do that for eczema patients depending on their skin conditions and their needs. If the condition of the skin is severe, we tend to use cream-based and ointment-based formulations which are thicker. When the skin condition improves e.g., the skin is not as dry, we tend to tone it down by switching to lotions or creams. So, there are no problems with switching products.

I always advise patients that the right product is the product that they are most comfortable with. Apart from that, you have to look into the technology used in the making of the products. First of all, you want to choose something that is evidence-based and has been researched thoroughly. Next, you look at its ingredients and their claims. For example, if you need a moisturizer, you want something that mimics the skin’s moisturizing factors. So, products that contain ceramides or technologies that actually mimic the natural process are products which you would want to use.

Of course, if you have sensitive skin, you would want a product without fragrance or preservatives. The rule of thumb is to look for products that are recommended by dermatologists or those that are hypoallergenic.

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