Managing Your Cholestatic Pruritus

Avoid items or situations that cause you to itch

Try to identify what's causing your symptoms and avoid it. This might include wool clothing, rooms that are too warm, frequent hot baths, or a specific cleaning product.

Moisturize daily

Apply hypoallergenic and fragrance-free moisturizer to affected skin at least once a day. For dry skin, thicker creams and ointments may work better than lotions.

Treat your scalp

You might need to try several products before finding one that works for your hair and condition, or you may find that alternating between products helps. For a dry, itchy scalp, consider trying over-the-counter (OTC) medicated shampoos designed to treat dandruff. Don't use a medicated shampoo right after a chemical relaxing process — rather, use a neutralizing shampoo.

Reduce stress and anxiety.

Stress and anxiety can worsen itching. Many people have found that techniques such as counseling, behavior modification therapy, acupuncture, meditation, and yoga can help reduce stress or anxiety.
Try over-the-counter oral allergy medicine.

Some OTC allergy medicines (like antihistamines) can make you drowsy. This type of pill might be helpful before bedtime if your itchy skin disrupts your sleep.

Use a humidifier.

A humidifier may provide some relief if home heating causes the air in your home to be dry.

Use creams, lotions or gels that soothe and cool the skin

Short-term use of nonprescription anti-inflammatory steroid cream may temporarily relieve an itch accompanied by red, inflamed skin. Or try calamine lotion or topical pain relief cream. Keeping these products in the refrigerator can enhance their soothing effect.

Avoid scratching.

Cover the itchy area if you can't keep from scratching it. Trim your nails and, if it helps, wear gloves, mittens, or socks to prevent scratching while you are asleep.

Take a bath.

Fill a tub filled with lukewarm water, sprinkle in about half a cup of Epsom salts, baking soda or an oatmeal-based bath product. Use a mild cleanser, limiting its use to the underarms and groin. Don't scrub too hard, and limit your bathing time to no more than 20 minutes. Then rinse thoroughly, pat dry and moisturize.

Stay well rested.

Getting enough sleep might reduce the risk of itchy skin.