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Chapped lips

Here are some recommendations for preventing chapped lips:

- Avoid excessive sun exposure.
- Avoid going out in dry, cold, or windy weather without putting on lip balm or lipstick.
- Try to keep the air in your home humid.
- Use a sunscreen on your lips when outside in sunny weather.

Here are some recommendations for soothing chapped and sore lips:

- Drink additional fluids in winter months.
- Treat chapped lips with beeswax or petrolatum (for example, Vaseline or other lip balm).

See your health care provider if you have sores that will not heal on your lips.

Alternative Names

Lips - chapped and dry

References

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