

<b>Emollient Prescribing Guide</b>		
<b>Mild Dry Skin</b> (Lotions/creams)	<b>Moderate Dry Skin</b> (Creams/ointments/gels)	<b>Severe Dry Skin</b> (Ointments) High paraffin content
<p><b>Epimax Original Cream<sup>ss</sup></b> 500g Easy Squeeze dispenser £2.49 White soft paraffin 15%, liquid paraffin 6%</p> <p><b>ExmaQS</b> 500g tub £2.95 White soft paraffin 15%, liquid paraffin 6%</p> <p><b>Epimax Oatmeal cream</b> 500g Easy Squeeze dispenser £2.99 Polyoxyethylene hydrogenated castor oil 38%, LP, WSP</p> <p><b>Aquamax cream</b> 500g tub £3.99 White soft paraffin 20%, liquid paraffin 8%.</p> <p><b>ExoCream</b> 500g pump dispenser £3.99 White soft paraffin 14.5%, light liquid paraffin 12.6%, hypoallergenic anhydrous lanolin 1%</p> <p><b>ZeroCream</b> 500g pump dispenser £4.08 Liquid paraffin 12.6%, white soft paraffin 14.5%</p> <p><b>AproDerm Emollient Cream<sup>LP</sup></b> 500g pump dispenser £4.95 Liquid paraffin 6%</p>	<p><b>Exmabase Gel<sup>LP</sup></b> 500g pump dispenser £2.85 Isopropyl myristate 15%, liquid paraffin 15%</p> <p><b>Epimax Isomol Gel<sup>LP</sup></b> 500g Easy Squeeze dispenser £2.92 Isopropyl myristate 15%, liquid paraffin 15%</p> <p><b>Epimax ExCetra cream</b> 500g Easy Squeeze dispenser £2.95 White soft paraffin 13.2%, light liquid paraffin 10.5%</p> <p><b>Zerobase Cream</b> 500g pump dispenser £5.26 White soft paraffin 10%, Liquid paraffin 11%</p> <p><b>Oilatum Cream</b> 500ml pump dispenser £5.28 1050ml pump dispenser £9.98 Light liquid paraffin 6%, white soft paraffin 15%</p> <p><b>Imuderm Cream<sup>ss LP</sup></b> (contains urea 5%) 500g pump dispenser £6.50</p>	<p><b>Epimax ointment<sup>ss</sup></b> 500g tub £2.99 Yellow soft paraffin 30%, liquid paraffin 40%, emulsifying wax 30%</p> <p><b>AproDerm Ointment</b> 500g tub £3.95 White soft paraffin 95%, liquid paraffin 5%</p> <p><b>Zeroderm ointment<sup>ss</sup></b> 500g tub £4.10 white soft paraffin 30%, Liquid paraffin 40%, emulsifying wax 30%</p> <p><b>Ovelle Emulsifying ointment</b> 500g tub £4.15 white soft paraffin 50%, liquid paraffin 20%, Emulsifying wax 30%,</p> <p><b>White soft paraffin 50% / liquid paraffin 50% ointment</b> 500g tub £4.57 WSP 50%, LP 50%</p>
<p><b>If antibacterial function required: Dermol Cream/ Lotion<sup>ss LP</sup></b> 500ml pump dispenser £6.63/ £6.04</p> <p><b>Paraffin free option: Epimax paraffin-free ointment</b> 500g tub £4.99, <b>AproDerm Colloidal Oat Cream</b> 500g pump dispenser £5.80</p>		
<p><b>This is a guide only. Additional factors should be considered before prescribing any emollient - see overleaf.</b> All of the above preparations can be used as a soap substitute. Those designated with <sup>ss</sup> have specifically been listed in MIMs for use as soap substitute. <b>Products contain a variety of excipients – check before prescribing if patients have known sensitivities.</b> Those designated with <sup>LP</sup> have low paraffin content of ≤20%.</p> <p>There is a fire risk with all paraffin-containing emollients, regardless of paraffin concentration, and it also cannot be excluded with paraffin-free emollients. A similar risk may apply for other products which are applied to the skin over large body areas or in large volumes for repeated use for more than a few days. See <a href="#">MHRA</a> -advise patients who use these products not to smoke or go near naked flames, and warn about the easy ignition of clothing, bedding, dressings, and other fabric that have dried residue of an emollient product on them.</p>		

## Guidance notes for choosing the correct emollient for your patient

### Emollient choice for dry skin

Generally the greasier an emollient is the more effective it is. All should be applied frequently – at least twice per day.

#### Lotions

- Needs reapplying frequently on very dry skin
- Good for very mild dry skin and also for the face

#### Creams

- Less greasy but more effective than mild emollients
- More cosmetically acceptable than oil based moisturisers

#### Ointments

- Generally greasy
- Tolerated less well with older children / adults
- Ideal under wet wraps

Patients who report stinging with emollients - consider an alternative product. See [MIMs](#) for a full list of emollients and potential skin sensitisers  
In patients with frequent infections – consider the Dermol range  
For patients with problems applying cream consider Emolin spray.

### How's and whys of emollient use

- Create a personalised emollient programme.
- Instruct on correct emollient application in direction of hair growth and :  
Gently Quickly Frequently
- Stress regular emollient is the key to settling dry skin conditions.
- There are no standard rules regarding whether to apply a topical steroid preparation after or before using an emollient. Some people are happiest using an emollient first to prepare the skin, followed by the steroid. However, whichever order of care you choose it is important that you leave at least ½ hr between the two treatments to avoid diluting the strength of the topical steroid preparation, and to prevent the spread of topical steroids and calcineurin inhibitors to areas not affected by eczema (NES).
- Awareness of health issues, NPSA awareness on fire risk, folliculitis (apply in direction of hair growth to reduce risk of folliculitis), allergies, contamination (emollient preparations contained in tubs should be removed with a clean spoon or spatula to reduce bacterial contamination of the emollient) and emollients and slippery surfaces.

### Baths/Shower Emollients – Do Not Prescribe (DNP)

- Avoid bubble baths and soaps
- Use a leave on emollient as a soap substitute e.g. Epi-max, ExmaQS.
- Encourage to bathe regularly. JAPC has classified all bath and shower emollients as **DNP**.

Functions of the bath routine are to:

- Clean the skin preventing infection by removing scales, crusts, dried blood and dirt from the skin.
- Moisturises the skin and reduce discomfort caused by dry skin
- Hydrates the skin making it more receptive to active topical therapy, e.g. topical corticosteroids.

### Consider when prescribing emollients

- Patient lifestyle and preference - may prefer light moisturiser during day and greasy one at night.
- Previous emollients - may have tried other moisturisers with little benefit.
- Cost - moisturisers vary greatly in NHS and/or OTC price.
- Prescribing amounts - refer to BNF chapter 13 (suitable quantities for prescribing). Prescribe sufficient quantities once patient has settled on an emollient - may require 500g or more per month.

Document Update	Date updated
Epimax range name change- Epimax cream, ExCetra cream and Isomol gel	Nov 2020
Black TLC updated to DNP TLC	Jan 2021