

Department of Dermatology, Allergy and Skin Surgery

Patient Information - Emollients and Moisturisers

Why use Moisturisers?

- They soften the skin, and lessen the feeling of tightness and cracking.
- They create a barrier so moisture is trapped in the skin.
- They reduce scale.
- They keep the skin looking younger and less wrinkled.

What should you use?

Soap substitutes include:

- Emulsifying Ointment (very thick)
- Aqueous Cream
- Diprobase Cream
- Cetraben Cream
- Dermal 500 (Contains an anti-microbial therefore useful for infected skin.)

Bath Additives:

These should be added to the bath water to help moisturise the skin whilst bathing.

- Oilatum or Oilatum Plus (This is an antiseptic bath emollient.)
- Diprobath

Moisturisers:

These should be applied IMMEDIATELY after towel drying the skin.

DO NOT RUB THE SKIN VIGOROUSLY – instead, pat it dry.

Apply the moisturiser by smoothing and following the direction of hair growth.

! Caution: Health and safety- slips, trips and falls, Moisturising therapy is a very slippery business!

Safe & compassionate care,

every time

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How often should you moisturise?

Apply moisturisers at least twice daily. Three or four times is beneficial especially when your skin is very dry and cracking.

Moisturisers include:

- Paraffin liquid/Paraffin soft white paraffin 50/50
- Cetraben Cream
- Diprobase Cream/ointment
- Aveeno Cream
- Hydromol cream/ointment
- Dermol Cream
- Doublebase cream

There are only a limited number of emollients available from the hospital Pharmacy.

It is trial and error finding and choosing the right emollient. There is no right or wrong, but remember it's the one you prefer which will be the best!

Note: As a rule the drier the skin the greasier the emollient.

Topical steroids should be applied thinly to affected areas 30 minutes before or after emollients.

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every clinical area before coming in to and after leaving the clinical area or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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