Emollients

- Emollients soothe and moisturise dry skin conditions.
- Apply these preparations frequently and continue to use them even after your skin condition has started to improve.

About emollients

<table>
<thead>
<tr>
<th>Type of medicine</th>
<th>Emollient</th>
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<tbody>
<tr>
<td>Used for</td>
<td>Dry skin conditions including eczema and psoriasis</td>
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<tr>
<td>Also called</td>
<td>Non-proprietary emollient preparations:</td>
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<tr>
<td></td>
<td>Aqueous Cream, Emulsifying Ointment, Hydrous Ointment, Liquid and White Soft Paraffin Ointment, White Soft Paraffin, Yellow Soft Paraffin</td>
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<td>Proprietary emollient preparations:</td>
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<tr>
<td></td>
<td>Aveeno®, Cetraben®, Decubal Clinic®, Dermamist®, Diprobase®, Doublebase®, Drapolene®, E45®, Emollin®, Epaderm®, Hydromol®, Kamillosan®, Linol Gamma®, Lipobase®, Neutrogena Dermatological Care®, Oilatum®, QV®, Ultrabase®, Unguentum M®, Zerobase®</td>
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<tr>
<td>Available as</td>
<td>Cream, ointment, lotion, spray, gel, shower gel, emollient wash cream, and shower emollient</td>
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Emollients are made up of water, fats, waxes and oils and help to soothe, soften and moisturise the skin. They are used to treat certain dry skin conditions which cause the skin to harden, flake, crack and become sore and painful.

Dry skin is mainly due to loss of water. Emollients rapidly moisturise the outer layers of the skin and the oils contained in emollients form a layer over the skin, preventing further evaporation of water. Some emollient preparations can also be used to wash with instead of soap, which helps prevent the skin from drying further.

Before using emollients

Before using emollients make sure your doctor or pharmacist knows:
- If you have ever had an allergic reaction to this or any of the ingredients listed on the packaging of this preparation.

How to use emollients

- Before beginning treatment, read the manufacturer’s printed information leaflet and the instructions on the packaging.
- If you are using a type of emollient which is applied directly to the skin (such as a cream, lotion or ointment), apply the preparation liberally and massage it well into the skin. The preparation can be re-applied as frequently as necessary, unless otherwise directed by your doctor or pharmacist.
- When applying this preparation to hairy areas, always apply it in the direction of the hair growth.
- If you are using an emollient as a wash cream (soap substitute) or shower gel, rub it onto the skin and then rinse it off completely after washing.

Getting the most from your treatment

- If you are using an emollient in the bath or shower, your skin and the surface of the bath or shower may become very slippery. Take care not to slip when getting in and out of the bath or shower and when handling babies and small children.
- **Caution:** clothes or bandages that have been in contact with paraffin-based emollients such as Emulsifying Ointment and Liquid and White Soft Paraffin Ointment can be easily ignited by a naked flame. Keep away from fires and flames and do not smoke when using these preparations.

Can emollients cause problems?

http://www.patient.co.uk/printer.asp?doc=30003408
Emollients are unlikely to cause side effects unless you are allergic to one of the ingredients.

If your skin condition gets worse after using an emollient, or if you develop a rash, stop using the preparation and speak to your doctor or pharmacist.

**How to store emollients**

- Keep all medicines out of the reach of children.
- Store in a cool, dry place, away from direct heat and light.

**Important information about all medicines**

- If you are having any treatment like an operation or dental treatment, tell the person carrying out the treatment which medicines you are taking.
- If you suspect that you or someone else has swallowed some of this medicine, go to the accident and emergency department of your local hospital at once. Take the container with you, even if it is empty.
- This medicine is for you. Never give it to other people even if their condition appears to be the same as yours.
- Never keep out of date or unwanted medicines. Take them to your local pharmacy which will dispose of them for you.
- If you have any questions about this medicine ask your pharmacist.

**References**