

Three changes are happening to the prescribing of emollient creams:

1. **Emollient creams will only be prescribed for people with eczema or psoriasis** and no longer be prescribed for simple dry skin. This is happening across the country and helps the NHS use its funding where most benefit can be achieved. If you have simple dry skin, emollients can be bought over the counter. Pharmacy staff can provide advice about treating a variety of minor illnesses including dry skin and skin conditions. Pharmacists have the knowledge to help with many healthcare conditions. Pharmacy staff will ask you some questions so they can recommend the best cream for your condition. If you are housebound or live in a care home and cannot visit a pharmacy to buy a cream then you can have them prescribed.
2. **For people with eczema or psoriasis, the emollient creams being used may change.** This is because there are new products available which are very effective as well as being good value:

Old product	New product
Aveeno cream	Epimax Oatmeal Cream, Zeroveen Cream or Aproderm Colloidal Oat Cream
Cetaben cream	Excetra cream
Diprobase & Diprobase Advanced cream	Epimax Original Cream, Zerobase Cream or Aproderm Cream
Doublebase gel	Aproderm Gel, Zerodouble Gel or Epimax Isomol Gel
E45 cream	Zerocream Cream
Epaderm ointment	Epimax Ointment, Zeroderma Ointment, Hydromol Ointment or Aproderm Ointment

3. **All prescribing of bath and shower emollients will stop.** A recent trial found that they did not work for eczema. Because they are not effective, the NHS across will no longer be prescribing them.



Here is some advice on how to use emollients safely:

Emollients can soak into clothing, bedding, dressings, and other fabric. The build-up of dried emollient on to fabrics can increase the **risk of fires** as they can catch fire much more quickly and burn hotter than clean fabric and cause severe and fatal burns. This applies to **all emollients**, whether they contain paraffin or not.

1. **Do not smoke, cook or go near to any naked flames** or heat sources such as gas, halogen, electric bar or open fires whilst wearing clothing or dressings that have been in contact with emollient-treated skin.
2. **Change and wash your clothes frequently** (preferably daily).
3. **Take care the cream doesn't dry onto cushions, soft furnishings and bedding.**
4. **Tell your doctor, nurse or pharmacist if you normally smoke.** They will be able to offer you help and advice to stop smoking.
5. Most emollients are oil based; if being used as a soap substitute there is a risk of slipping during in showers or baths. **Ensure that the bath or shower is cleaned out properly after use to reduce the risk of slipping.**