



## Emollient Guidelines for dry skin

Emollients soothe, smooth and soften the skin. They can also help reduce itching and inflammation; and improve the skin's barrier function.

**Mildly dry**  
(fine scaling, dull appearance to skin)

**Moderately dry**  
(more apparent, small scaling seen, maybe some cracking)

**Severely dry**  
(large scales, with fissuring and / or lichenification)

### Soap substitute

All emollients (except Zerodouble Gel and WSP:LP) can be used as soap substitute.  
(Aqueous cream is not recommended because it may cause stinging in a high proportion of patients).

Do not dip hands into tubs of emollients, always clean scoop.

**Generally an adult using regular emollients will require 500g and a child 250g per week.**

### Emollients

Epimax ExCetra Cream  
Zerocream Cream

Epimax Original Cream  
Epimax Oatmeal Cream  
Zerodouble Gel  
Aveeno Cream

Epimax Ointment  
Zeroderm Ointment  
Cetramen Ointment  
Hydromol Ointment\*  
WSP:LP (50:50)\*  
Epaderm Ointment \*

### Recommended Routine

Wash with a soap substitute in the bath.  
Apply emollient after bathing while the skin is still damp.  
Apply emollient 30 minutes. Prior to other treatments.  
Apply as required throughout the day

Wash with a soap substitute in the bath, if very dry try a more greasy emollient/ soap substitute.  
Apply emollient after bathing while the skin is still damp.  
Apply emollient 30 minutes. prior to other treatments  
Apply emollients 3 – 4 times per day.

Wash with a greasy emollient/ soap substitute.  
Once skin has cooled after bathing apply a greasy emollient.  
Apply an emollient 30 – 60 minutes prior to other treatments.  
Apply emollients 3 – 4 times per day.  
If required tubeguaze suits during the day and/or at night.

\* Specialist initiation only

Guidelines based on NICE (2007) 'Atopic eczema in children: Management of atopic eczema in children from birth up to the age of 12 years, and ELHT medicines management formulary.

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