

## Dermatology Quick Reference Guide

Emollients should only be prescribed for the management of diagnosed dermatological conditions. Minor and moderate dry skin conditions are suitable for self-care.

Patients who do not have a diagnosed dermatological condition or a risk to skin integrity (maintenance) should no longer receive NHS prescriptions and are advised to purchase emollients over the counter. Refer for self-care. Please see [NHS England OTC leaflet](#).



### Paraffin-based emollients are flammable.

Dressings and clothing that have contact with paraffin-based products are easily ignited by a naked flame. Advise patients to keep them away from fire or flames and not smoke when using them. The risk of fire should be considered when using any paraffin-based emollient. Data suggest **there is also a risk for paraffin-free emollients**. Please refer to [MHRA guidance](#). Patients should be counselled to wash bedding/clothing/other fabrics that may have dried residue of an emollient product on them regularly at 60 degrees Celsius, to minimise the build-up which can be a fire hazard. [Further advice and resources](#)

Patients on **medical oxygen** who require an emollient should not use any paraffin-based products. Choose **Epimax® paraffin-free ointment\* £4.99** (500g) or **Aproderm® Colloidal Oat Cream £5.80** (500ml pump) **paraffin free**. AquaGel/ water-based lubricant can be used around the nose and lips on the face while using oxygen. [MHRA Alert](#)

MHRA Alerts [Topical corticosteroids: information on the risk of topical steroid withdrawal reactions](#)

[E45 Cream](#) This product **should not** be applied to the mucous membranes or to broken skin.

**Prescribing Quantity Guidance** [BNF Managing Skin Conditions](#) Advise the patient to use the emollient liberally and frequently (at least 2 to 4 times a day; very dry skin may require application every 2 to 3 hours).

Area of body	Creams and ointments	Lotions	Prescribe in 500g/ml pack sizes only as most cost effective.
	One month's supply	One month's supply	
Face	60-120g	400ml	
Both hands	100-200g	800ml	
Scalp	200-400g	800ml	
Both arms or legs	400-800g	800ml	
Trunk	1600g	2000ml	
Groin or genitalia	60-100g	400ml	

The Best Emollients for Eczema ([BEE](#)) study found there is no clinically important difference between lotions, creams, gels, or ointments. Start with a cost-effective choice, if ineffective or not tolerated by the patient, trial other cost-effective choices in a step-wise approach moving through the formulary.

Bath oils / shower products **should not** be prescribed due to [lack of robust evidence](#).

Use of "junior" versions of products marketed at children are not clinically necessary and more costly. **Do not** prescribe emollients marketed for children. These should be purchased if desired.



Aqueous cream is **non-formulary**: may cause skin irritation, particularly in children with eczema, possibly due to sodium lauryl sulfate content. Please see [MHRA DSU Mar-13 Aqueous cream: may cause skin irritation](#).

**Antimicrobials - Emollients containing antimicrobials should only be used only when infection is present and should be stopped once it has cleared.**

Antimicrobials - Emollients containing antimicrobials should only be used only when infection is present and should be stopped once it is cleared.	Benzalkonium chloride 0.1%, chlorhexidine hydrochloride 0.1%, liquid paraffin 2.5%	Dermol® 500 (500ml pump) £6.04
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If the most cost-effective choice emollients are not satisfactory for a patient after a trial, then all other emollients remain on formulary as patient choice is an important factor in the management of eczema and other skin conditions.

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\* Data suggest there is also a risk for paraffin-free emollients

Carbon friendly? 	Project Positive	Active Ingredients (See formulary/ <a href="#">PIL</a> for skin sensitisers.)	Formulary equivalent project negative products	Similar formulary project negative products
<b>Creams - medium emollient</b>				
Widely recyclable	<b>Epimax Original<sup>®</sup> cream</b> £2.67 500g (flexi dispenser tube)	15% WSP 6% LP (SLS free)		<b>Aqueous Non-formulary</b> Enopen <sup>®</sup> , Hydromol <sup>®</sup> , QV Cream <sup>®</sup> , Zerogent <sup>®</sup> , Zerobase <sup>®</sup> , Oilatum <sup>®</sup> / Junior <sup>®</sup> , Diprobace, Advanced Eczema Cream <sup>®</sup> , Epaderm <sup>®</sup> cream
Widely recyclable	<b>Epimax ExCetra<sup>®</sup> cream</b> £3.09 500g (flexi dispenser tube)	23.7% paraffin (LLP 10.5%/ WSP 13.2%) (SLS free)	Cetraben <sup>®</sup> cream	
	<b>Aquamax<sup>®</sup></b> £3.99 500g (tub- use a spoon/ spatula instead of fingers to minimise bacterial contamination.)	28% paraffin (LLP 8% / WSP 20%). (Free from SLS, Parabens & lanolin)		
	<b>ZeroAQS<sup>®</sup></b> £3.39 500g (tub- use a spoon/ spatula instead of fingers to minimise bacterial contamination.)	21% paraffin (LP 6%/ WSP 15%) (SLS free)	Aqueous cream	
	<b>AproDerm<sup>®</sup></b> £4.95 500g (pump)	21% paraffin (15% WSP/ 6% LP) (SLS free)		
	<b>ExoCream<sup>®</sup></b> £3.99 500ml (pump)	LLP 12.6% and WSP 14.5%, anhydrous Lanolin 1%		
Widely recyclable	<b>Epimax<sup>®</sup> Moisturising cream</b> £2.99 500g (flexi dispenser tube)	14.5% WSP, 12.6% LP, anhydrous lanolin 1% (SLS free)	E45 <sup>®</sup> cream	<b>NB Some may be allergic to lanolin</b>
Airless pump=<2% wastage	<b>Zerocream<sup>®</sup></b> £4.30 500g (pump)	LP 12.6%/ WSP 14.5%, anhydrous Lanolin 1%		
<b>Oatmeal preparations – medium emollient</b>				
Widely recyclable	<b>Epimax<sup>®</sup> Oatmeal Cream</b> £3.10 500g (flexi dispenser tube)	Avena sativa Kernel Flour, LP 3.5%, WSP 0.75%.	Zeroveen <sup>®</sup> Aveeno <sup>®</sup> Cream	Aproderm <sup>®</sup> - Colloidal Oat (Paraffin Free)
	<b>Miclaro<sup>®</sup> Oat Cream</b> £3.99 500ml	Avena sativa kernel flour (1%), LP, WSP		
	<b>Miclaro<sup>®</sup> Oat lotion</b> £3.99 500ml (pump)	Avena sativa kernel flour (1%), WSP		
<b>Gels – medium emollient</b>				
Widely recyclable	<b>Epimax<sup>®</sup> Isomol Gel</b> £3.08 500g (flexi dispenser tube)	LP 15%, isopropyl myristate 15%, less excipients than Doublebase <sup>®</sup> Gel.	Doublebase <sup>®</sup> Gel	Zerodouble Gel <sup>®</sup> HypoBase <sup>®</sup>
	<b>AproDerm<sup>®</sup> Gel</b> £3.99 500g (pump)			
	<b>MyriBase Gel<sup>®</sup></b> £4.66 500ml (pump)	LP 15%, isopropyl myristate 15%		
<b>Ointments – heavy emollient</b>				
For products in a tub, patient should use a spoon/ spatula instead of fingers to minimise bacterial contamination Burning and stinging is less likely with ointments.				
	<b>Emulsifying ointment BP</b> £4.15 500g (jar)	WSP 50%, Emulsifying wax 30 %, LP 20%.		Cetraben <sup>®</sup> , Emelpin <sup>®</sup> , QV Intensive <sup>®</sup> , Thirty:30 <sup>®</sup> , Hydrous <sup>®</sup> ointment
	<b>Epimax<sup>®</sup> ointment</b> £3.13 500g (tub)	LP 40%, YSP 30%, cetomacrogol emulsifying wax 30%	Epaderm <sup>®</sup>	
	<b>White Soft Paraffin</b> £4.03 500g (jar)	100% WSP		
	<b>Yellow Soft Paraffin solid</b> £4.51 (tub)	100% YSP		
	<b>Fifty:50<sup>®</sup></b> £3.92 500g (jar)	White soft paraffin 50%, LP 50%		
	<b>AproDerm<sup>®</sup></b> £3.95 500g (tub)	White Soft Paraffin 95%, LP 5%		
	<b>Epimax<sup>®</sup> paraffin free ointment</b> £4.99 500g (tub)	Polyoxyethylene hydrogenated castor oil 38% w/w.		
	<b>Dermipar<sup>®</sup></b> £4.92 500g (tub)	Cetomacrogol emulsifying wax, WSP and LP.		
	<b>AquaDerm<sup>®</sup> ointment</b> £4.15 500g (tub)	LP50%, WSP 50% (Please refer to manufacturer for availability)		
	<b>Zeroderm<sup>®</sup></b> £4.29 500g (tub)	LP 40%, WSP 30%.		
<b>Lotions – light emollient</b>				
	<b>E45<sup>®</sup> Lotion</b> £5.82 500ml (pump)	14% Paraffin (LLP 4%/ WSP 10%) contains lanolin.	Cetraben <sup>®</sup> lotion	
	<b>Miclaro<sup>®</sup> Oat lotion</b> £3.99 500ml (pump)	Avena sativa kernel flour (1%), WSP	QV <sup>®</sup> skin lotion	
<b>Barrier preparations –</b>				
	<b>Derma-S<sup>®</sup> and Derma Pro<sup>®</sup> - See <a href="#">wound formulary</a> for details</b>			
<b>Creams containing Urea –</b>				
<b>Products remain on formulary but are not project positive with exception of GlucoRx Allpresan<sup>®</sup> diabetic foot foam.</b>				
	<b>GlucoRx Allpresan<sup>®</sup> diabetic foot foam cream</b> Basic (5% urea): £9.75 (300ml) Intensive (10% urea): £9.75 (300ml)	Urea 5% (Basic: for dry/ sensitive skin) or urea 10% (Intensive: for very dry to chapped skin) Can be used on entire foot including between toes		Aquadrate 10% <sup>®</sup> , E45 Itch relief <sup>®</sup> , Flexitol Hand Balm <sup>®</sup> , Flexitol Skin Balm <sup>®</sup> , Hydromol Intensive <sup>®</sup> , Balneum <sup>®</sup> Plus
	imuDERM emollient <sup>®</sup> £6.79 500g (pump)	Urea 5% and Glycerine 5%; contains LP.		
	Flexitol <sup>®</sup> 10% Urea Cream - £12.36 500g (pump)	Urea 10%		
	ClearZai <sup>®</sup> Hard Skin Remover £4.30 100g (tube)	Urea 7%, salicylic acid 4%, trichloroacetic acid 2%		
	Dermatonics <sup>®</sup> Once Heel Balm £9.44 200ml (tube)	25% urea	Flexitol Heel Balm <sup>®</sup>	

HP- Hard paraffin  
LP- Liquid paraffin  
LLP- Light liquid paraffin  
WSP- White soft paraffin