

## Policy Statement; Prescribing of Urea heel and foot preparations for prevention and treatment of dry, cracked skin is not supported

**Mid-Essex Clinical Commissioning Group does not recommend prescribing of Urea heel and foot cream and heel and foot spray for prevention and treatment of dry, cracked skin.**

This policy excludes emollients containing urea such as balneum cream, balneum plus cream and hydromol intensive cream. Refer to the [Emollients prescribing guidelines](#).

Urea improves hydration in the skin by increasing the water uptake from the dermis. Patients whose skin lacks the natural moisturising factor may benefit from a product containing urea. Urea breaks down hardened, calloused skin and reduces cracks and fissures

Self-care and maintaining healthy skin is a personal responsibility.

### Recommendations:

- Do not initiate new prescriptions for urea heel creams/balms/sprays
- Existing patients already prescribed urea products should have this reviewed and stopped
- If patients wish to use urea products they should be advised that they can be purchased over-the-counter (OTC) with the support of the community pharmacist or supermarkets.
- Advise diabetic patients to attend their annual foot check and follow self-care advice for maintaining healthy skin and feet

### Brands include (not an exhaustive list)

- GlucoRx Allpresan® Foam Creams
- Flexitol® Heel Balm
- Flexitol® Moisturising Foot Cream
- Dermatronics Once Heel Balm®
- Urea Heel Balm Products
- Heel Balm Products

**This policy would also include other brands as they become available.**

Providers commissioned to provide services on behalf of Mid-Essex CCG are reminded that they are required to follow the Mid-Essex CCG formulary and prescribing guidance as detailed in their contract (Medicines Management Service Specification).

See Mid-Essex CCG website – Medicines Optimisation for all prescribing guidance.

<https://midessexccg.nhs.uk/medicines-optimisation>

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