

# EMOLLIENT QUICK REFERENCE GUIDE

**LINK to the [EMOLLIENT prescribing guidelines](#) and LINK to the [POLICY STATEMENT](#)**

Prescribing (i.e. funding on the NHS) of emollients is only indicated for a diagnosed dermatological condition. For mild and moderate dry skin patients should be advised to purchase emollients Over the counter (OTC). Prescribing of lotions is not supported as these are less effective, see table below for exceptions.

**March 2013 MHRA update: AQUEOUS CREAM is no longer recommended as a leave on emollient due its sodium lauryl sulphate (SLS) content which can further cause skin drying and irritation. NON-FORMULARY DO NOT PRESCRIBE**

**April 2016 MHRA update: patients should be informed of the fire hazard risk with paraffin-based emollients.**

LIGHT EMOLLIENTS			
Mild dry skin secondary to a diagnosed dermatological condition			
1 <sup>st</sup> line	2 <sup>nd</sup> line	NON-FORMULARY (examples)	COST EFFECTIVE EQUIVALENT SWITCH
Aquamax cream Epimax cream Zerocream Myribase gel	Zerobase cream Zeroveen cream	Diprobace cream →	Epimax cream
		Doublebase gel →	Myribase gel
		Doublebase dayleve gel →	
		Aveeno cream →	Zeroveen cream
		Aqueous cream (incl Dermacool) →	Aquamax cream (SAFETY SWITCH)
		E45 cream →	Zerocream
		Any lotions* for dry skin (e.g. Aveeno lotion, E45 lotion, Cetraben lotion, Eucerin lotion)  *Except Dermol 500 lotion when antimicrobial required	No equivalents and lotions are not recommended. Switch to 1 <sup>st</sup> line emollient or else patients to purchase OTC if wish to continue with lotion.
MEDIUM EMOLLIENTS			
Moderate dry skin secondary to a diagnosed dermatological condition			
1 <sup>st</sup> line	2 <sup>nd</sup> line	NON-FORMULARY (examples)	COST EFFECTIVE EQUIVALENT SWITCH
Zeroderm ointment	Cetraben cream	Diprobace ointment →	Zeroderm ointment
		Epaderm ointment →	Zeroderm ointment
HEAVY EMOLLIENTS			
Severe dry skin secondary to a diagnosed dermatological condition			
1 <sup>st</sup> line		NON-FORMULARY (examples)	COST EFFECTIVE EQUIVALENT SWITCH
Emulsifying ointment Hydromol ointment White soft paraffin and liquid paraffin 50:50 (Very greasy)		Hydromol cream →	Hydromol ointment if a cream is needed consider Cetraben
SPRAY EMOLLIENT			
**Only for very painful/fragile skin where there is difficulty with application of creams/ointments**			
FORMULARY		NON-FORMULARY	
Emollin Aerosol Spray (50:50 liquid paraffin/white soft paraffin)		Dermamist spray (white soft paraffin 10%w/w)	

**EMOLLIENTS WITH ANTIMICROBIALS**

Preparations containing antimicrobials – short term use only to wash and/or leave on emollient for SKIN INFECTION ONLY

Formulary	NON-FORMULARY
Dermol 500 lotion Dermol cream Eczmol cream	Hibitane

**EMOLLIENTS WITH UREA**

Restrict use to those where a keratolytic is required (scaly skin) e.g. hyperkeratosis, ichthyosis, extremely dry eczema and psoriasis, or those who have tried other emollients without success.

Formulary	NON-FORMULARY
Balneum cream (5% urea) Balneum Plus cream 5% urea Hydromol intensive cream 10% urea	Aquadrate, Calmurid, E45 itch relief, Eucerin, Nutraplus

**SOAP SUBSTITUTES AND BATH ADDITIVES**

**The prescribing of bath and shower emollients is not supported due to the lack of robust evidence of clinical effectiveness. (NHS England)** The use of bath and shower emollients is controversial and evidence to inform practice is lacking.

Recommendations:

- Where patients have a diagnosed dry skin condition they should be advised to use leave-on emollients as an alternative to soap. Some formulary emollients can also be used as soap substitutes.
- Where patients choose to use bath and shower emollients they should be advised to purchase it themselves. Regardless of the type of product the person uses to wash with, it should not replace the regular use of a leave-on emollient.

**1<sup>st</sup> line – Regular leave on emollient as soap substitute** (except 50:50 WSP/LP)

**2<sup>nd</sup> line – See table below infected skin formulary antibacterial bath & shower emollient**

2 <sup>nd</sup> line only for infected skin	Comments	NON-FORMULARY
Dermol 600 bath emollient	Suitable for use in infants, children and adults	Emulsiderm Dermol wash
Oilatum Plus bath additive	Suitable from 6 months old	
Dermol 200 shower emollient	Suitable for children and adults	
<b>NON-FORMULARY (examples)</b>		
Oilatum emollient, Hydromol bath & shower emollient, Balnuem plus bath oil, Hydromol bath & shower emollient, Balnuem plus bath oil, Aveeno bath & shower oil, bath oil Doublebase emollient bath additive, shower gel, wash gel E45 emollient bath oil, shower cream, emollient wash cream, junior foaming milk Oilatum Junior bath additive		

The use of “junior” versions of products marketed at children are not clinically necessary and are more costly. Do not use emollients marketed for children. These should be purchased.

Example:

	Active ingredient	Cost	Junior product	Active ingredient	Cost
Oilatum emollient	Liquid paraffin light 63.4% bath additive	£4.68 for 600ml	Oilatum Junior bath additive	Light Liquid paraffin BP 63.4% w/w.	£6.67 for 600ml