

Prescribing of Heel Balms / foot creams containing urea is not supported

Thurrock CCG, and Basildon and Brentwood CCG do not support the prescribing of any Heel Balms or foot creams for the prevention or treatment of dry, cracked skin and hyperkeratosis on the soles of feet and heels.

Urea improves hydration in the skin by increasing the water uptake from the dermis. Urea breaks down hardened, calloused skin and reduces cracks and fissures. Patients whose skin lacks the natural moisturising factor may benefit from a product containing urea. However, there is currently no evidence found to support the efficacy or safety of heel balms.

Brands include: Flexitol® Heel Balm, Flexitol® Monisturising Foot Cream, Dermatronics Once Heel Balm®, Urea Heel Balm Products, Heel Balm Products. **This policy would also include other brands as they become available.**

Recommendations

- Do not initiate Heel Balms / foot creams containing urea in any new patients
- Existing patients should be reviewed with a view to stopping prescribing
- 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
- Advise diabetic patients to attend their annual foot check and follow self-care advice for maintaining healthy skin and feet

Providers commissioned to provide services on behalf of Thurrock CCG and Basildon and Brentwood CCG are reminded that they are required to follow the local joint formulary and prescribing guidance, or relevant Medicines Management agreement.

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