

# EMOLLIENT LADDER AND QUICK REFERENCE GUIDE

DATE APPROVED: JULY 2017 REVIEW DATE: JULY 2019

## POLICY STATEMENT

THE PRESCRIBING OF EMOLLIENTS SHOULD BE RESERVED FOR PATIENTS WITH A **CLEAR CLINICAL INDICATION** AND NOT FOR COSMETIC PURPOSES. THOSE PATIENTS WITH DRY SKIN AND NO DIAGNOSED SKIN CONDITION SHOULD PURCHASE THEIR OWN PRODUCTS OVER THE COUNTER.

### FORMULARY PRODUCTS FOR DIAGNOSED SKIN CONDITIONS

#### CREAMS

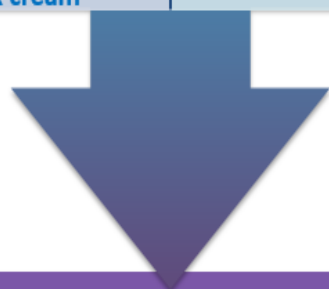
Mild to moderate dry skin

##### FIRST LINE

Isomol gel  
Epimax cream  
ZeroAQS cream  
Aquamax cream

##### SECOND LINE

AproDerm gel  
ZeroCream  
Zeroveen cream



#### OINTMENTS

Moderate to severe dry skin

##### FIRST LINE

Emulsifying ointment  
AquaDerm LP:WSP  
Zeroderm ointment  
Hydromol ointment

##### SECOND LINE

Fifty:50 ointment  
Cetraben ointment

### SIMPLE SWITCHES – COST EFFECTIVE ALTERNATIVES

*These are considered to be interchangeable.  
Please check for skin sensitivities if switching.*

- ✓ AVEENO CREAM → ZEROVEEN CREAM or APRODERM COLLOIDAL OAT CREAM
- ✓ DOUBLEBASE GEL + DOUBLEBASE DAYLEVE GEL + HYPOBASE GEL + MYRIBASE GEL + ZERODOUBLE GEL → ISOMOL GEL or APRODERM GEL
- ✓ EPADERM OINTMENT + THIRTY:30 OINTMENT + EMELPIN OINTMENT → HYDROMOL OINTMENT
- ✓ E45 CREAM → ZEROCREAM or EXOCREAM  
*N.B. BTUH PHARMACY STOCK E45 CREAM, CAN BE SWITCHED TO ZEROCREAM IN PRIMARY CARE*
- ✓ DIPROBASE CREAM + CETRABEN CREAM + ENOPEN CREAM + OILATUM CREAM + APRODERM EMOLLIENT CREAM + ZEROBASE CREAM → EPIMAX CREAM or ZEROAQS CREAM
- ✓ HYDROMOL CREAM → HYDROMOL OINTMENT  
*IF CREAM IS NEEDED CONSIDER FORMULARY ALTERNATE*
- ✓ DERMOL 200 / DERMOL WASH → DERMOL 500 LOTION  
*DERMOL 500 LOTION CAN BE USED AS A SOAP SUBSTITUTE*
- ✓ BALNEUM CREAM + BALNEUM PLUS CREAM → IMUDERM CREAM

**March 2013 MHRA update:** *aqueous cream is no longer recommended as a leave on emollient.*

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

#### EMOLLIENTS WITH ANTIMICROBIALS

Preparations containing an antibacterial (e.g. Dermol) should be **avoided** unless infection is present or is a frequent complication.

If needed: **Dermol cream (£1.33/100g) for dry infected skin or Dermol 500 lotion (£1.20/100g) for weeping infected skin**

#### EMOLLIENTS WITH UREA

Urea is a keratin softener and hydrating agent used in the treatment of dry, scaling conditions (including ichthyosis).

If needed: **ImuDERM emollient (£1.30/100g)**

#### SOAP SUBSTITUTES AND BATH ADDITIVES

Evidence around the use of bath and shower preparations is limited. Many standard emollients can be used as a soap substitute. Any ointment (except 50:50) can be dissolved in some hot water and added to the bath water as a bath additive.

**Bath additives and shower gels are not recommended for prescribing except for children with atopic eczema.**