

HOW TO APPLY YOUR ZERODERMA EMOLLIENT



Zeroderma[®]
Experts in dry skin conditions

WHAT IS AN EMOLLIENT?

Emollients are often used to help manage dry, itchy or scaly skin conditions such as eczema, psoriasis and ichthyosis.¹

The NHS defines emollients as moisturising treatments applied directly to the skin to soothe and hydrate it - they cover the skin with a protective film to trap in moisture.¹

Types of emollient

There are lots of emollients available and it's a good idea to try a few different emollients to find the one that suits you or your child's skin.¹

It can be helpful to have more than one type of emollient. For example, creams aren't very greasy and can be absorbed quickly so they can be good for daytime use.¹

Ointments are thicker which can be good for very dry, thickened skin and night-time use.¹



Washing with emollients

Everyday soaps, shampoos and shower gels can dry out the skin and can make skin conditions like eczema worse.¹

The NHS recommends using leave-on emollients as a soap substitute if you have dry or itchy skin. All Zeroderma emollients can be used for washing instead of soap.¹

HOW TO APPLY YOUR ZERODERMA EMOLLIENT



Wash your hands before you start. Instead of using soap, mix a teaspoon of emollient in the palm of your hand with some warm water.



Where possible, use emollient supplied in a pump dispenser. Alternatively, a clean spoon can be used to scoop the emollient out. Don't place your hands in the emollient container – this can lead to contamination.



Gently smooth the emollient into the skin in the direction that the hair grows. Don't rub it in!

Wait for it to be absorbed. Thick emollients can take up to 10 minutes.

TIPS FOR APPLICATION

Apply your emollients generously and reapply often.² Emollients can be applied as often as you like. Ideally, this should be at least 3 or 4 times a day.¹

For very dry skin apply your emollient every 2-3 hours.²

You should continue to use an emollient, even when your skin is clear.²

Emollients are best applied after washing your hands, taking a bath or showering.²

If you use a topical steroid, apply it 15-30 minutes after applying your emollient.²

If you or your child needs to use an emollient regularly, it's worth keeping a good supply at home, school or work.

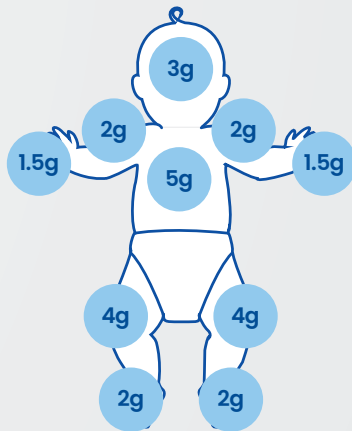
Always read the label

Safety advice. Do not smoke or go near naked flames – risk of severe burns. Fabric (clothing, bedding, dressings etc) that has been in contact with this product burns more easily and is a serious fire hazard. Washing clothing and bedding may reduce product build-up but not totally remove it. Medical advice should be sought before use of emollients if the skin is broken, badly cracked, infected or bleeding.

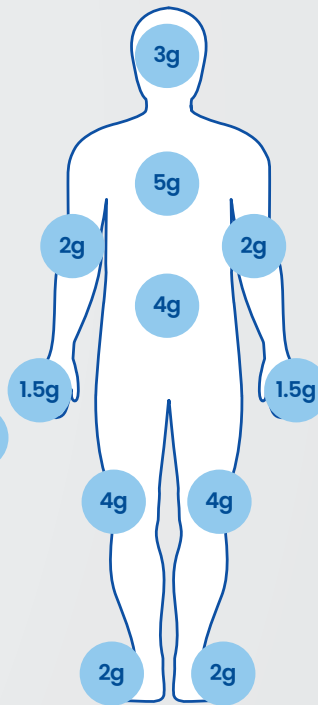
HOW MUCH EMOLLIENT SHOULD I APPLY?

This guide is designed to help you work out how much emollient to use. You might need more or less depending on the dryness of your skin and your skin type.

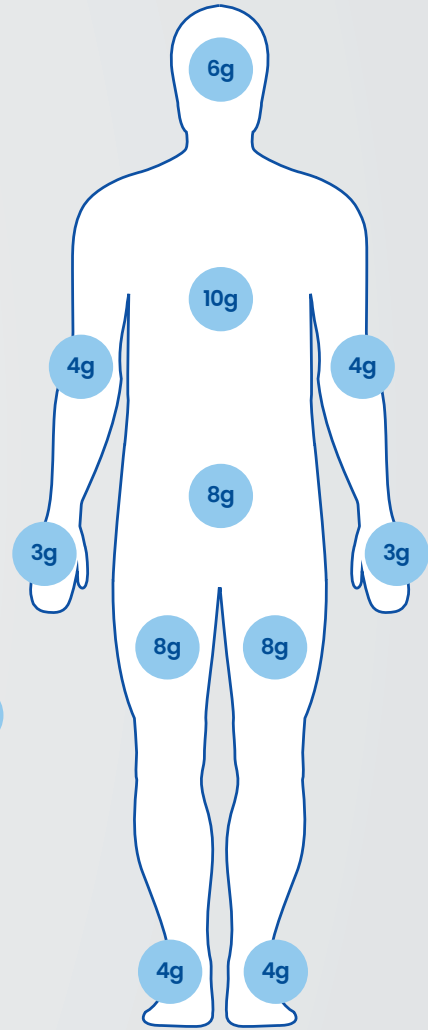
Emollients should be applied generously and can be applied as often as you like to help keep skin moisturised.^{1,2}



INFANT

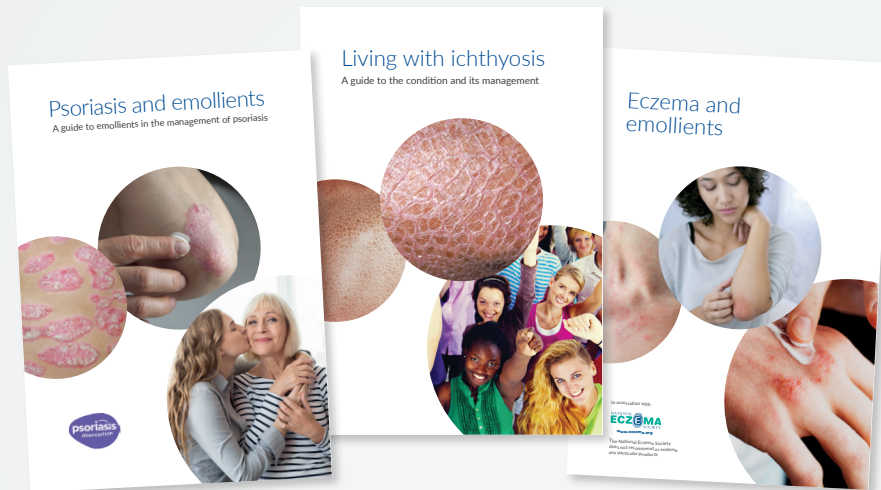


CHILD



ADULT

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Reporting of side effects. If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk> or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this product.

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References: 1. NHS, Emollients. Revised October 2023. Available at: <https://www.nhs.uk/conditions/emollients>. Accessed August 2024. 2. NICE CKS, Emollients. Revised October 2023. Available at: <https://cks.nice.org.uk/topics/eczema-atopic/prescribing-information/emollients/#usage-instructions>. Accessed August 2024.

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