

Emollient

What is an Emollient?

An emollient is an ointment or cream used on dry, itchy or irritated skin such as eczema to soften and moisturise the skin

How do I use the emollient?

You will be given advice in clinic about how to use the emollients.

General Advice:-

1. Emollients can be applied as many times as required, spreading the emollients over the body by stroking the ointment gently in the direction of the hair growth.
2. Can be used on all skin surfaces including the face.
3. Emollients can also be used when the skin is dry and no longer inflamed.

Emollients can be used in the following ways:

1. Use as a Moisturiser

Smooth onto the skin immediately after bathing and apply as often as needed to prevent skin becoming dry.

2. Use as a Cleanser

Apply liberally to the skin and wipe off gently with single layer of paper tissue, taking care not to damage fragile skin.

3. Use as a Soap substitute

Mix emollient with water in palm to form a lather, smooth onto the skin in the same way as soap. Gently rinse lather off skin leaving a thin layer of the ointment on the skin. Pat dry.

4. In the bath

Emollients can be dissolved in bath water. Take care when getting out of the bath, as it will be slippery.

I don't like the feel of this product. What next?

Many different emollient products are available. Some are thicker and oilier than others. You can try different products until you find one that suits your skin. Alternatively ask your pharmacist or doctor for advice.

Where can I get further supplies?

Solent Sexual Health no longer keep supplies of emollients, you can buy them:

- Over the counter (without need for a prescription) from most larger pharmacies or supermarkets.
- Your GP may agree to put the emollient on repeat prescription.