**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

<table>
<thead>
<tr>
<th>FIRST LINE</th>
<th>SECOND LINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isomol gel</td>
<td>AproDerm gel</td>
</tr>
<tr>
<td>Epimax cream</td>
<td>ZeroCream</td>
</tr>
<tr>
<td>ZeroAQS cream</td>
<td>Zeroveen cream</td>
</tr>
<tr>
<td>Aquamax cream</td>
<td></td>
</tr>
</tbody>
</table>

**OINTMENTS**

Moderate to severe dry skin

<table>
<thead>
<tr>
<th>FIRST LINE</th>
<th>SECOND LINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emulsifying ointment</td>
<td>Fifty:50 ointment</td>
</tr>
<tr>
<td>AquaDerm LP:WSP</td>
<td>Cetraben ointment</td>
</tr>
<tr>
<td>ZeroDerm ointment</td>
<td></td>
</tr>
<tr>
<td>Hydromol ointment</td>
<td></td>
</tr>
</tbody>
</table>

**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 EXOCREAME
- 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
- BALNEUM CREAM + BALNEUM PLUS CREAM → IMUDERM CREAM

**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.

**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.