

Dermatology Quick Reference Guide October 2019.

Emollients should only be prescribed for the management of **diagnosed** dermatological conditions such as eczema or psoriasis. Minor conditions are suitable for **self-care**.

Patients who do not have a diagnosed dermatological condition or risk to skin integrity (maintenance) should no longer receive NHS prescriptions and are advised to purchase emollients over the counter. **Refer for self-care.** <https://www.england.nhs.uk/wp-content/uploads/2018/08/1a-over-the-counter-leaflet-v1.pdf>

If the most cost effective choice emollients are not satisfactory for a patient, after a trial, then all other emollients remain on formulary as patient choice is an important factor in the management of eczema and other skin conditions.

Bath oils/ shower products **should not** be prescribed. (Rare exception for complicated patients under the dermatologist.) <https://www.bmj.com/content/361/bmj.k1332>

Aqueous cream is non-formulary: may cause skin irritation, particularly in children with eczema, possibly due to sodium lauryl sulfate content. (MHRA DSU Mar-13)
<https://www.gov.uk/drug-safety-update/aqueous-cream-may-cause-skin-irritation>

Paraffin-based emollients are **flammable**. Dressings and clothing that have contact with paraffin based products are easily ignited by a naked flame. Advise patients to keep them away from fire or flames and not smoke when using them. The risk of fire should be considered when using large quantities of any paraffin based emollient. Please refer to MHRA link : <https://www.gov.uk/drug-safety-update/emollients-new-information-about-risk-of-severe-and-fatal-burns-with-paraffin-containing-and-paraffin-free-emollients> Patients should be counselled to wash bedding/clothing regularly at 60 degrees, to minimise the build-up of impregnated paraffin which can be a fire hazard.

Patients on medical oxygen who require an emollient should not use any paraffin based products. Choose **Epimax Paraffin-free® Cream or ointment.**

Prescribing Quantity Guidance- https://bnf.nice.org.uk/treatment-summary/skin-conditions-management.html					
Area of body	Creams and Ointments		Lotions		
	One week's supply	One month's supply	One week's supply	One month's supply	
Face	15–30 g	60-120g	100 ml	400ml	
Both hands	25–50 g	100-200g	200 ml	800ml	
Scalp	50–100 g	200-400g	200 ml	800ml	
Both arms or both legs	100–200 g	400-800g	200 ml	800ml	
Trunk	400 g	1600g	500 ml	2000ml	
Groins and genitalia	15–25 g	60-100g	100 ml	400ml	

Formulary Status	Formulary Choice and Cost for 500g <i>-Green for project positive product for the scorecard. Prescribe 500g only.</i>	Active Ingredients <i>(See formulary/ PIL for skin sensitizers.)</i>	Formulary equivalent project negative products	Similar formulary project negative products
Creams				
First Line	1 st Option	Epimax® £2.49 (500g flexi dispenser tube)	21% Paraffin	Aqueous cream
	2 nd Option	ExCetra® £2.95 (500g)	23.7% paraffin (Light liquid paraffin 10.5%/ WSP 13.2%)	Cetraben® cream
	Or	Aquamax® £3.99 (500g Jar) Not in a pump.	28% Paraffin (LLP 8% / WSP 20%). <i>Free from SLS, Parabens & lanolin</i>	Aqueous cream
	Or	Exocream® £3.99 (500g pump)	27.1% paraffin (LLP 12.6% and WSP 14.5%), Anhydrous Lanolin 1.0%	E45® cream
	Or	ZeroAQS® £3.29 (500g jar)	21% paraffin (liquid paraffin 6%/ WSP 15%)	Aqueous cream
	Or	Zerocream® £4.08 (500g pump)	27.1% paraffin (liquid paraffin 12.6%/ WSP 14.5%)	Epaderm®
				Aquamol® Diprobace® Enopen® Hydromol® 2.5% QV cream® Zeroguent® Zerobase® Oilatum® Oilatum Junior®

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Oatmeal creams				
	Epimax Oatmeal Cream® £2.99 500g	Colloidal Oatmeal (Avena Sativa (Oat) Kernel Flour), Liquid Paraffin, White Soft Paraffin	Zeroveen®	Aveeno® Aproderm Oat®
Antimicrobials				
Emollients containing antimicrobials should only be used only when infection is present and should be stopped once it is cleared.				
	Dermol® 500 (500ml pump) £6.04	Benzalkonium chloride 0.1%, chlorhexidine hydrochloride 0.1%, liquid paraffin 2.5%		
Creams containing Urea-				
Products remain on formulary but are <u>not</u> project positive.				
First Line	ImuDERM emollient® £6.62 (500g Pump)	Urea 5% and Glycerine 5%; contains liquid paraffin	Balneum® Plus	Aquadrate 10%® E45 itch relief® Flexitol Hand Balm® Flexitol Skin Balm® Hydromol Intensive® Nutraplus®
Second Line	1 st option ClearZal® Hard Skin Remover £4.30 (100g Tube)	Urea 7%, salicylic acid 4%, trichloroacetic acid 2%		
	2 nd option Flexitol® 10% Urea Cream - £11.77 (500g pump)	10% urea	Eucerin intensive®	
	Dermatonics® Once Heel Balm £8.50 (200ml tube)	25% urea	Flexitol Heel Balm®	
Gels				
First Line	Isomol Gel® £2.92 (500g flexi-disp tube)	Liquid paraffin 15%, isopropyl myristate 15%	Doublebase® Gel	Zerodouble Gel® HypoBase® Zerodouble®
Second Line	MyriBase Gel®£4.66 (500g pump)	Liquid paraffin 15%, isopropyl myristate 15%		
	AproDerm Emollient Gel £3.99 (500g)	Liquid Paraffin 15%, isopropyl Myristate 15%		
Ointments				
First Line	1 st option	Emulsifying ointment BP, £2.47 (500g jar)	50% paraffin WSP 30 % Emulsifying wax 20% Liquid paraffin	Cetraben® Emelpin® Epaderm® QV intensive® Thirty: 30® Yellow Soft Paraffin
	2 nd option	Epimax® Ointment £2.99 (500g)	YSP 30%, liquid paraffin 40%,emulsifying wax 30%	
Second Line	1 st option	White Soft Paraffin £4.03 (500g jar)	100% WSP	
		Fifty:50® £3.66 (500g jar)	White soft paraffin 50%, liquid paraffin 50%	
		Aproderm® ointment £4.15 (500g)	White Soft Paraffin 95%, Liquid Paraffin 5%	
Lotions				
First Line	E45® Lotion, £4.59 (500ml pump)	14% Paraffin (LLP 4%/ WSP 10%)		Cetraben®
Second Line	QV® skin lotion £5.32(500ml pump)	White soft paraffin 5%, glycerin 5%		Diprobace®