

Dermatology Quick Reference Guide

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. <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. (Link: [MHRA DSU Mar-13](#))

- 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 any paraffin based emollient. Data suggest there is also a risk for paraffin-free emollients. Please refer to [MHRA link](#). Patients should be counselled to wash bedding/clothing/other fabrics that may have dried residue of an emollient product on them regularly at 60 degrees, to minimise the build-up which can be a fire hazard. [Further advice and resources](#).

Patients on medical oxygen who require an emollient should not use any paraffin based products. Choose Epimax® paraffin free ointment £4.99 (500g)

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 sensitisers.)</i> | Formulary equivalent project negative products | Similar formulary project negative products |
|--------------------|--|---|--|---|
| Creams | | | | |
| First Line | Epimax Original® cream £2.49 (500g) | 21% paraffin (flexi dispenser tube) | Aqueous cream | Aquamol® |
| Second Line | Epimax ExCetra® cream £2.95 (500g) | 23.7% paraffin (Light liquid paraffin 10.5%/ WSP 13.2%) | Cetraben® cream | Diprobace® |
| Or | Aquamax® £3.99 (500g tub) | 28% paraffin (LLP 8% / WSP 20%). <i>Free from SLS, Parabens & lanolin</i> | Aqueous cream | Enopen® |
| Or | Exocream® £3.99 (500g pump) | 27.1% paraffin (LLP 12.6% and WSP 14.5%), Anhydrous Lanolin 1.0% | E45® cream | Hydromol® 2.5% |
| Or | ZeroAQS® £3.29 (500g tub) | 21% paraffin (liquid paraffin 6%/ WSP 15%) | Aqueous cream | QV cream® |
| Or | Zerocream® £4.08 (500g pump) | 27.1% paraffin (liquid paraffin 12.6%/ WSP 14.5%) | Epaderm® | Zeroguent® |
| Or | Aproderm® £4.95 (500g pump) | 21% paraffin (15% White Soft Paraffin/ 6% Liquid Paraffin) | | Zerobase® |
| | | | | Oilatum® |
| | | | | Oilatum Junior® |

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|---|--|---|--|---|
| Oatmeal preparations | | | | |
| | Epimax Oatmeal Cream® £2.99 500g | Colloidal Oatmeal (Avena sativa Kernel Flour), Liquid Paraffin, WSP | Zeroveen® Aveeno® Cream | Aveeno® Aproderm Oat® |
| | Miclaro® Oat Cream £3.99 500g | Avena sativa kernel flour (1%), Liquid paraffin, WSP | | |
| | Miclaro oat lotion £3.99 (500ml pump) | Avena sativa kernel flour (1%), Glycerol, Isopropyl palmitate, Distearyl dimonium chloride, Cetyl alcohol, WSP, Dimethicone | | |
| 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%® |
| Second Line | Flexitol® 10% Urea Cream - £11.77 (500g pump) | Urea 10% | Eucerin intensive® | E45 itch relief® |
| or | ClearZal® Hard Skin Remover £4.30 (100g Tube) | Urea 7%, salicylic acid 4%, trichloroacetic acid 2% | | Flexitol Hand Balm® |
| or | Nutraplus® (10% urea) cream £4.37 (100g) Paraffin free. | 10% urea | Eucerin intensive® | Flexitol Skin Balm® |
| or | Dermatonics® Once Heel Balm £8.50 (200ml tube) | 25% urea | Flexitol Heel Balm® | Hydromol Intensive® |
| Gels | | | | |
| First Line | Epimax Isomol Gel® £2.92 (500g flexi-disp tube) | Liquid paraffin 15%, isopropyl myristate 15% | Doublebase® Gel | Zerodouble Gel® |
| or | MyriBase Gel® £4.66 (500g pump) | Liquid paraffin 15%, isopropyl myristate 15% | | HypoBase® |
| or | AproDerm Emollient Gel® £3.99 (500g) | Liquid Paraffin 15%, isopropyl Myristate 15% | | Zerodouble® |
| Ointments | | | | |
| First Line | Emulsifying ointment BP, £2.47 (500g jar) | 50% paraffin WSP 30 % Emulsifying wax 20% Liquid paraffin | | Cetraben® |
| or | Epimax® Ointment £2.99 (500g) | YSP 30%, liquid paraffin 40%, emulsifying wax 30% | | Emelpin® |
| or | White Soft Paraffin £4.03 (500g jar) | 100% WSP | | Epaderm® |
| or | Fifty:50® £3.66 (500g jar) | White soft paraffin 50%, liquid paraffin 50% | | QV intensive® |
| or | Aproderm® ointment £4.15 (500g) | White Soft Paraffin 95%, liquid Paraffin 5% | Hydrous® Ointment | Thirty: 30® |
| or | Epimax® paraffin free ointment £4.99 (500g) | Polyoxyethylene (40) Hydrogenated Castor Oil 38% w/w. | | Yellow Soft Paraffin |
| or | Dermipar® Ointment £4.92 (500g) | Cetomacrogol emulsifying wax, WSP and Liquid paraffin. | | |
| or | AquaDerm® Hydrous ointment £4.15 (500g) | Wool Alcohol, Hard Paraffin, WSP, Liq Paraffin, dried mag sulphate. | | |
| or | Zeroderm® Ointment £4.10 (500g) | Liquid Paraffin, WSP, Cetostearyl Alcohol, Polysorbate 60 | | |
| 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® |
| Barrier preparations – Derma-S® and Derma Pro® - See wound formulary for details | | | | |