

Nurse role

- Are there any specific instructions that Nurses can give on how to use emollients?

Emollients

- Apply 2-4 times daily especially immediately after bathing as skin is hydrated in direction of hair growth
- Cream – oil/water emulsion (eucerin[®] /cetaphil[®])
- Lotion – high water and low oil, cooling effect – can worsen xerosis via evaporation, used for weeping eczema
- Wash with bath/shower emollients
- Use pumps/spoons to prevent contamination
- Excipients can cause sensitization
- Continue use even if improvement seen
- Patient acceptability – try a range of emollients
- Use a combination of 3 types of emollient – small container