

## BSW Formulary Emollient Products for Adults and Children

**Emollients should only be prescribed for long term dermatitis, eczema, psoriasis or other inflammatory conditions. A prescription for treatment of *dry skin* should not routinely be offered in primary care as the condition is appropriate for self-care.**

**Patients with mild dry skin can be successfully managed using over the counter products on a long-term basis.**

**All the products listed in this formulary can also be bought from community pharmacies. Advise patients to speak to their community pharmacist for advice.**

**Ointments-** generally the greasiest preparations, being made up of oils or fats. They do not usually contain preservatives and may be more suitable for those with sensitivities.

**Creams/gels-** less greasy consistency, may be more clinically acceptable.

**Lotions-** have a higher water content than creams, which makes them easier to spread but *less effective* as emollients. They may be preferred for hairy areas of skin.

**Spray-** has a role where application without touching the skin is advantageous (see table below for cohorts).

**This [Moisturiser Decision Aid](#) for childhood eczema can be used with parents and children to help inform the treatment decision process.**

The following table provides an approximate guide to quantities to prescribe for an *adult* applying emollients twice a day. However, some patients will need to apply emollients more liberally and often and so higher quantities may be required, particularly if the emollient is being used as a soap substitute.

	Creams or ointments		Lotion	
	One week supply	One month supply	One week supply	One month supply
Face	15 - 30g	60-120g	100ml	400ml
Both hands	25 - 50g	100-200g	200ml	800ml
Scalp	50 - 100g	200-400g	200ml	800ml
Both arms or both legs	100 - 200g	400-800g	200ml	800ml
Trunk	400g	1600g	500ml	2000ml
Groins and genitalia	15 - 25g	60-100g	100ml	400ml

**Soap substitute** Bath and shower emollients offer no advantages over emollients. Patients can use any of their normal creams or ointment above as a soap substitute in the bath/shower; except 50:50 (since it may not lather well).

Bath and shower preparations for dry and pruritic skin conditions should not be routinely prescribed as per NHS England guidelines <https://www.england.nhs.uk/wp-content/uploads/2017/11/annex-b-sps-evidence-review-bath-emollients.pdf>

Specialists may use their clinical judgement to consider bath/shower emollients for specific patients e.g. noncompliance with regular emollients of more than one emollient/type or patients with painful skin conditions who cannot tolerate emollient creams/ointments. The reasons for prescribing need to be clearly documented.

**Flammability – Potential risk with all emollients, including paraffin-free. For further information see [MHRA Drug Safety Alert](#)**

Prescribers should use the clinically appropriate emollient with the lowest acquisition cost first line. Please also use the “BSW First Line Emollients” document for 1<sup>st</sup> line preferences. **Green** – First line. **Blue**-Second line. Please note that as there can be stock shortages, if the preferred brands are not available, please change to a different brand of similar cost with similar ingredients.

Consistency/Formulation	Preferred Products	Advice/Criteria	Cost per 500ml/g*	Constituents
Very greasy ointment	White soft paraffin in liquid paraffin (50:50)	Severe dry skin secondary and/or acute flares <b>secondary to a diagnosed dermatological condition</b> . Low risk of sensitivity.	£4.57	LP 50% + WSP 50%
Ointment	Emulsifying ointment	Very dry skin or scaly patches requiring softening <b>secondary to a diagnosed dermatological condition</b> . Good for night-time.	£4.28	WSP 50% + EW 30% + LP 20% Excipients: cetostearyl alcohol, sodium lauryl sulfate
	Epimax ointment	Very dry skin or scaly patches requiring softening <b>secondary to a diagnosed dermatological condition</b> . Good for night-time.	£3.13	LP 40%+YSP 30% + cetomacrogol emulsifying wax cetostearyl alcohol + macrogol cetostearyl ether
	Epimax Paraffin-Free Ointment	Alternative ointment where paraffin-free formulation is required. <b>STILL INCREASES FIRE RISK EVEN THOUGH PARAFFIN-FREE.</b>	£4.99	Polyoxyethylene Hydrogenated Castor Oil 38% macrogol cetostearyl ether, medium chain triglycerides, polyoxypropylene stearyl ether, cetostearyl alcohol, hydrogenated castor oil, D&C Yellow/Red
	Hydromol ointment	Alternative ointment if a patient develops a contact allergy to one of the ingredients present in Epimax and not in Hydromol	£5.40	Yellow soft paraffin 32%, cetomacrogol emulsifying wax 25.5%, liquid paraffin 42.5%
	Cetraben ointment	Slightly reduced thickness ointment – <b>ONLY FOR USE IF</b> other ointments not appropriate or acceptable and therefore optimal use is restricted.	£6.30	WSP 35% + LLP 45% Cetostearyl Alcohol, Polysorbate 60
Creams	Epimax Original cream	Mild to moderate dry skin <b>secondary to a diagnosed dermatological condition</b> . Similar to Aqueous cream, but no SLS.	£2.67	WSP 15%, LP 6%, cetostearyl alcohol, polysorbate 60, phenoxyethanol and water
	Epimax ExCetra cream	Mild to moderate dry skin <b>secondary to a diagnosed dermatological condition</b> . Similar to Cetraben cream.	£3.09	WSP 13.2% + LP 10.5% + glycerol 4.5% + EW Excipients: cetostearyl alcohol, phenoxyethanol, Citric acid monhydrate, Trisodium citrate dihydrate, phenoxyethanol
	ZeroAQS cream	Mild to moderate dry skin <b>secondary to a diagnosed dermatological condition</b> . Similar to Aqueous cream, but no SLS.	£3.39	LP 6% + WSP 15% + macrogol cetostearyl ether 1.8% Excipients: cetostearyl alcohol, chlorocresol
	ZeroCream	Mild to moderate dry skin <b>secondary to a diagnosed dermatological condition</b> . Similar to E45 cream.	£4.30	LP 12.6%+WSP 14.5%, anhydrous lanolin 1% Glycerol Monostearate, Cetyl Alcohol, Sodium Cetostearyl Sulfate, Citric Acid Monohydrate, Carbomer, Purified Water, Sodium Hydroxide, Sodium Methyl Hydroxybenzoate, Sodium Propyl Hydroxybenzoate, BHT.
	AproDerm Emollient Cream	Second line to Epimax emollients - <b>ONLY FOR USE IF</b> a pump container is required for patients with limited dexterity.	£4.95	WSP 15% + LP 6% Cetearyl Alcohol, Cetareth-20, Aqua, Sodium Dihydrogen Phosphate Dihydrate, Phenoxyethanol, Ethylhexylglycerin.
Gels	Epimax Isomol gel	Very light emollient for mild dry skin <b>secondary to a diagnosed dermatological condition</b> . Similar to Doublebase gel.	£3.08	Isopropyl myristate 15% + LP 15% glycerol, carbomer, polysorbate 20, triethanolamine, phenoxyethanol, ethylhexylglycerin and water
	AproDerm Gel	Second line to Epimax Isomol - <b>ONLY FOR USE IF</b> a pump container is required for patients with limited dexterity.	£3.99	Isopropyl Myristate 15+LP 15% Aqua, Glycerin, Polyacrylate-13, Polyisobutene, Polysorbate-20, Phenoxyethanol, Benzoic Acid, Dehydroacetic Acid, Ethylhexylglycerin
	Adex Gel	A second line option: for facial inflammatory conditions - eczema, psoriasis, perioral dermatitis, seborrhoeic dermatitis. Useful in specific groups of patients where topical steroid sparing is required but TCIs not tolerated/effective or reduced TCS frequencies are giving flare. Pump container.	£5.99	Carbomer, Glycerol, isopropyl myristate, liquid paraffin, nicotinamide phenoxyethanol, sorbitan laurate, trolamine and purified water.
Lotion	E45 lotion	Lighter formulation emollient suitable for application to hairy areas, skin folds, face or scalp. Contains lanolin.	£4.90	WSP 10% + LLP 4%, hypoallergenic anhydrous lanolin 1% Excipients: benzyl alcohol, isopropyl palmitate, hydroxybenzoates (parabens)
	QV Skin lotion	<b>ONLY FOR USE IF</b> lanolin free lotion is needed. Lighter formulation emollient suitable for application to hairy areas, skin folds, face or scalp.	£5.47	Water, Glycerin, Petrolatum, C12-15 Alkyl Benzoate, Cetearyl Alcohol, Cetareth-20, Steareth-2, Dimethicone, Glyceryl Stearate, Methylparaben, Propylparaben, Dichlorobenzyl Alcohol, Polyacrylic Acid, Triethanolamine.

