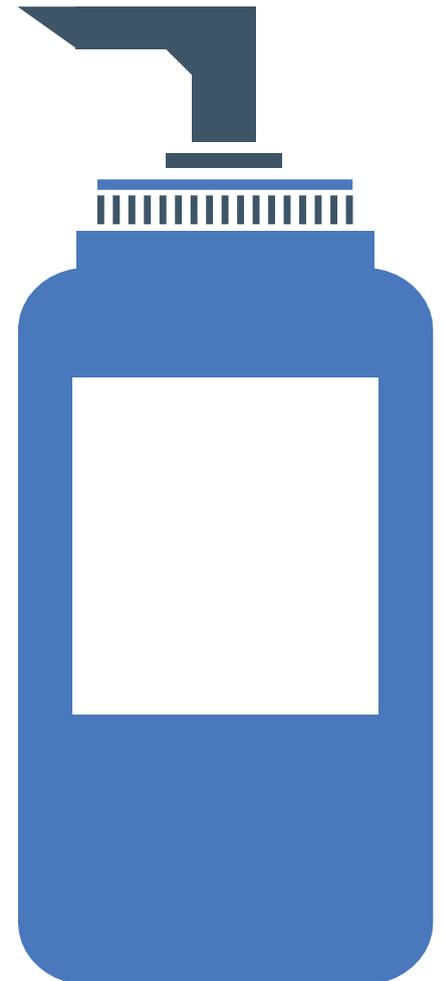


## How to use emollients (moisturisers) as soap substitutes.

Emollients (also known as moisturisers) are used in the treatment of dry skin conditions and as a substitute for soap which can be drying and irritant to skin.

- Most emollients can be used as a soap substitute (except white soft paraffin alone). Use the product you have been recommended or one you find works best for your current skin condition.
- To use when washing, put a half to one teaspoonful in the palm of your hand and mix with a small amount of warm water. This can then be applied to wet skin and rinsed off with water.
- If using in bath or shower, creams, lotions or gels can be rubbed 'neat' directly into the skin and then rinsed off with water.
- If using a thick ointment in the bath or shower, this should be mixed with a small amount of water and applied to wet skin.
- Soap substitutes do not lather but they are still effective in cleaning the skin, whilst your skin may not feel clean this is because there is no detergent which removes fat from your skin and causes dryness.
- Emollients can make the bath or shower cubicle slippery so please take care. Clean the bath or shower cubicle after use with washing-up liquid and hot water to prevent build-up (using rubber gloves to prevent irritation of the skin).
- It is best to dab, not rub, the skin dry with a towel to avoid skin irritation.
- Always remember to apply your usual emollients after a bath or shower as directed by your doctor.



A recent study investigating the use of special emollient liquids for mixing with bath water when bathing found that these products did not improve the condition of the skin in children with eczema compared to using normal emollients applied directly to the skin when washing. In most circumstances patients do not need special bath or shower products as long as they are using their normal emollient as a soap substitute correctly.



**Warning: All emollients are considered a fire hazard - contaminated towels, clothes and bedding should be washed regularly. Keep away from naked flames or cigarettes.**