



Patient information leaflet

How to Apply..... Topical Moisturiser

Topical moisturisers are preparations that are applied directly to the skin surface and absorbed into the skin. Moisturisers come in different bases e.g. creams and lotions (water based) and ointments (oil based). Some preparations can also be used as a soap substitute.

There is a wide range of moisturisers available on prescription and you also can buy over the counter (see the table below). While it is important to have choice, as everybody's skin is unique, it does make it difficult to choose and more importantly find the right information regarding how and when to apply them to the skin.

Product Name	Soap Substitute	Lighter Emollient	Moderate Emollient	Heavy Emollient
Aqueous Cream	√	√		
Aveeno Cream®		√		
Aveeno Lotion®		√		
Balneum Plus Cream®			√	
Cetaben cream®	√		√	
Dermol Lotion®	√	√		
Dermol cream®	√		√	
Diprobase cream®	√		√	
Diprobase ointment®				√
Double base gel®			√	
Dermamist Spray®			√	
Epaderm ointment®	√			√
Emulsifying ointment	√			√
Eucerin 10% Lotion®		√		
Eucerin 10% Cream®			√	
E 45 Cream®			√	
Hydrous ointment (oily cream)				√
Hydromol cream®			√	
Hydromol ointment®	√			√
Liquid & white soft paraffin (50% /50%)				√
Neutrogena dermatological cream®				√
Oilatum cream®			√	
Unguentum M cream®			√	
White Soft Paraffin				√

How to moisturisers work

Moisturisers are use to replace the loss of natural moisturising factors usually found in the skin that binds and retains water in the skin cells. This loss of water makes the skin rough to the touch, scaly and itchy. By applying a light layer of moisturiser to the

skin surface that is then absorbed enables the skin to once again become water proof and soft. The action of applying the moisturiser helps remove dead skin cells and softens the skin making it more flexible, the difference in the skin can be felt and seen within minutes of an application but is not lasting and further reapplications are required through out the day or night.

Technique of Application

1. Clean washed hands
2. Apply a small amount into your hands



3. Smear lightly on to the skin in smooth downward strokes



4. Or apply small dots of cream on to a limb and then smooth downwards following the flow of the hair



5. Only apply a thin layer so the skin just glistens
6. Leave for about 30 minutes before you have to apply your other treatments.

Do not's

1. Do not rub or massage in – this generates localise heat in the skin that leads to itch
2. Do not rub or massage in – you could block the hair follicles
3. Do not apply thickly - this traps in body heat which leads to itch

Do's

1. Your skin will glisten and appear redder as you have just removed any dead skin cells and added a oil to the skin surface to trap water within the skin layer
2. Always reapply before the skin surface becomes dry again – the frequency can vary from day to day and from season to season
3. Apply the moisturiser quickly and lightly – this reduces the amount of time it takes and does not mess your clothing.
4. It is useful to use the moisturiser as a barrier to protect your skin before you carry out certain activities e.g. swimming, housework to prevent the skin becoming drier.
5. Be proactive – if your skin is drier increase the frequency of reapplication do not wait until it is dry and itchy.

Make things fun!!!

