



## Moisturising Guidelines for dry skin

Moisturisers (also known as emollients) soothe, smooth and soften the skin. They can also help reduce itching and inflammation; and improve the skin's barrier.

**Mildly dry**  
(fine scaling, dull appearance to skin)

**Moderately dry**  
(more apparent, small scaling seen, maybe some cracking)

**Severely dry**  
(large scales, with fissuring and / or lichenification)

### Soap substitute

All moisturisers (except Doublebase Gel, Zerodouble Gel, WSP:LP, WSP and YSP) can be used as soap substitute. (Aqueous cream may be used as a soap substitute but not recommended as a moisturiser because it may cause stinging.)

Do not dip hands into tubs of moisturiser, always use a clean spatula.

**Generally an adult using regular moisturiser will require 500g and a child 250g per week.**

### Emollients

(First line choices in Green)

Zerocream  
Cetaben Cream  
E45 Cream

Epimax Cream  
Zerobase Cream  
Zerodouble Gel  
Doublebase Gel  
Diprobace Cream  
Oilatum Cream  
Unguentum M Cream

Zeroderm Ointment\*  
Epaderm Ointment\*  
Hydromol Ointment\*  
Cetaben Ointment\*  
WSP:LP (50:50)\*  
WSP\*  
YSP\*

### Recommended Routine

Wash with a soap substitute in the bath.

Apply moisturiser after bathing while the skin is still damp.

Apply moisturiser 30 minutes prior to other treatments.  
Apply as required throughout the day

Wash with a soap substitute in the bath, if very dry try a more greasy moisturiser/soap substitute.

Apply moisturiser after bathing while the skin is still damp.

Apply moisturiser 30 minutes prior to other treatments  
Apply moisturiser 3 – 4 times per day.

Wash with a greasy moisturiser/soap substitute. Once skin has cooled apply a greasy moisturiser.

Apply moisturiser 30 – 60 minutes prior to other treatments.

Apply moisturiser 3 – 4 times daily.  
If required tubegauze suits during the day and/or at night.

\*[National Patient Safety Agency Rapid Response](#)

Reference to potential fire hazard of paraffin based skin products.

Guidelines based on NICE (2007) 'Atopic eczema in children: Management of atopic eczema in children from birth up to the age of 12 years, and ELHT medicines management formulary.

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By Dr C Owen and ANP J Ratcliffe, Dermatology ELHT.