

Emollient Guidelines



Emollient creams should be put on as liberally and as frequently as possible - ideally 2 to 3 times a day even when the eczema seems better



An adult with moderate eczema should expect to use 500g to 600g of emollient a week

A child should expect to use at least 250g a week



Adopting a complete emollient routine all the time (using cream, bath oil and emollient wash) is key to managing eczema



Smooth the cream onto the skin using gentle downward strokes in the direction the hair grows

Do not rub in



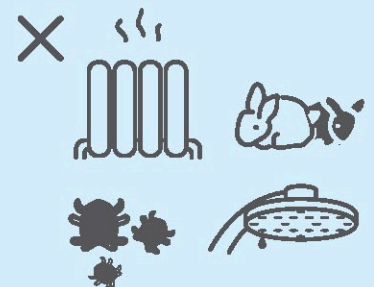
The best time to put on emollient cream is after a bath or shower when skin is moist and pores are open

Some people like to warm the cream between their hands before they put it on



Avoid eczema triggers:

- Perfumed creams and bath oils
- Biological washing powders
- Fabric conditioners
- Soap and bubble bath



Avoid eczema triggers:

- Central heating
- Animal hair
- Excessive bathing
- House dust mites