

Can my emollient really make a difference?

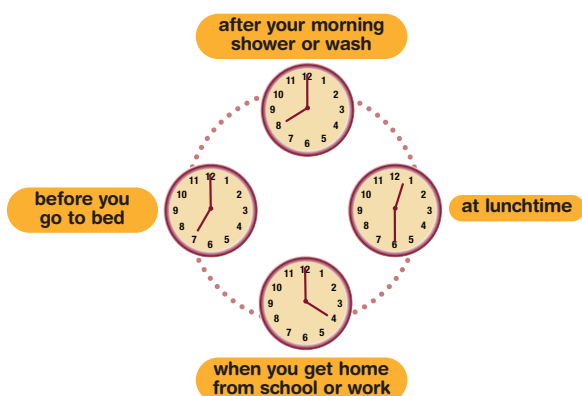
When you have eczema you are likely to be given an emollient to moisturise and protect your skin, and to use as an alternative to cosmetic creams and wash products. If you have had eczema for some time you may have tried more than one emollient brand already.

The trouble is that many people don't know how much of their emollient to use or how often to apply it. If you aren't applying it enough, your emollient just can't do its job properly and you may feel it isn't really working.

This information is designed to help you get the most out of your emollient.

When do I apply it?

- ✓ 3-4 times a day, every day, even when skin is clear
- ✓ As a soap substitute when washing and as a moisturiser afterwards
- ✓ With other treatments during a flare-up
- ✓ Why not make it part of your daily routine



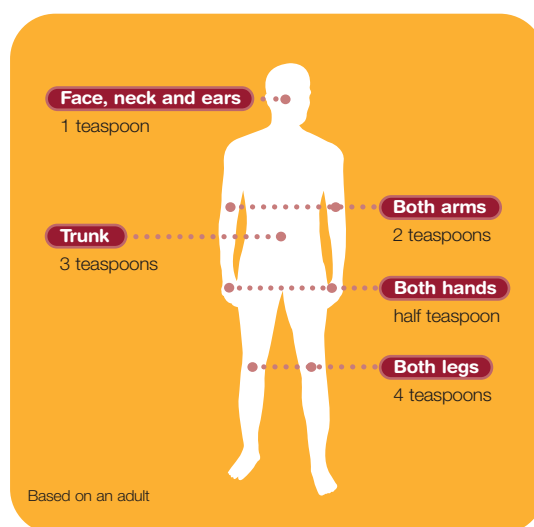
Where do I apply it?

- ✓ To areas of active eczema and all over dry skin



How do I apply it?

- ✓ Gently smooth your emollient:
 - In the direction of hair growth
 - Like you would stroke a cat
- ✓ Avoid rubbing (this can make your skin even more itchy)
- ✓ Use the right amount of emollient for each part of your body (use the diagram below as a guide)
- ✓ Check you have used enough emollient:
 - If it completely disappears you have not applied enough
 - If your skin looks shiny, you've got it just right (but don't worry it normally absorbs in about 10 minutes so you won't be shiny all day!)
 - If it's still visible you may not have smoothed it in enough or you may have used too much



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