



FACTS AND TOP TIPS FOR EPADERM

- + Epaderm contains no fragrances, colourings or additives.
- + Emollients are universally recognised as a front-line treatment for atopic eczema in the UK.¹
- + After bathing, smear (don't rub) an emollient – such as Epaderm – onto damp skin in the direction of the hair growth, to reduce the risk of blocking the hair follicles (folliculitis).
- + Emollients should be applied liberally to the affected area at least twice a day (and preferably more often).¹ Keep a small pot handy at all times, and continue with emollient therapy even after the skin has improved.
- + Used regularly, emollients such as Epaderm used with wet wrapping may help reduce the itch of eczema and the consequent need for topical corticosteroids. There is evidence to suggest that emollients have a steroid sparing effect.²
- + When emollients are applied to the whole body, adults will require at least 500g per week, with children requiring at least 250g.¹
- + Complete emollient therapy is the use of an emollient as a moisturiser, soap substitute and bath additive, to aid moisture retention. Emollients when used with the wet wrapping technique may help to minimise eczema flare-ups. Epaderm, developed by the Royal Victoria Infirmary, is a three-in-one emollient that can be used directly on the skin, in the bath and as a soap substitute.
- + On warm days, keep emollients cool and out of direct sunlight.
- + Chlorine in swimming pools can irritate skin. Emollient should be applied after swimming and can also be applied before entering the pool.

¹ McHenry PM, Williams HC, Bingham EA. Management of Atopic Eczema. British Medical Journal 1995; 310: 843-847

² Cork MJ. Complete Emollient Therapy. The National Association of Fundholding Practices Official Yearbook. BPC Waterlow, Dunstable 1998; 159-168