

Patient
information

The Cetraben® range of emollients

From a light lotion to a moisture-rich ointment, the Cetraben range is suitable for all ages* and stages of dry skin.

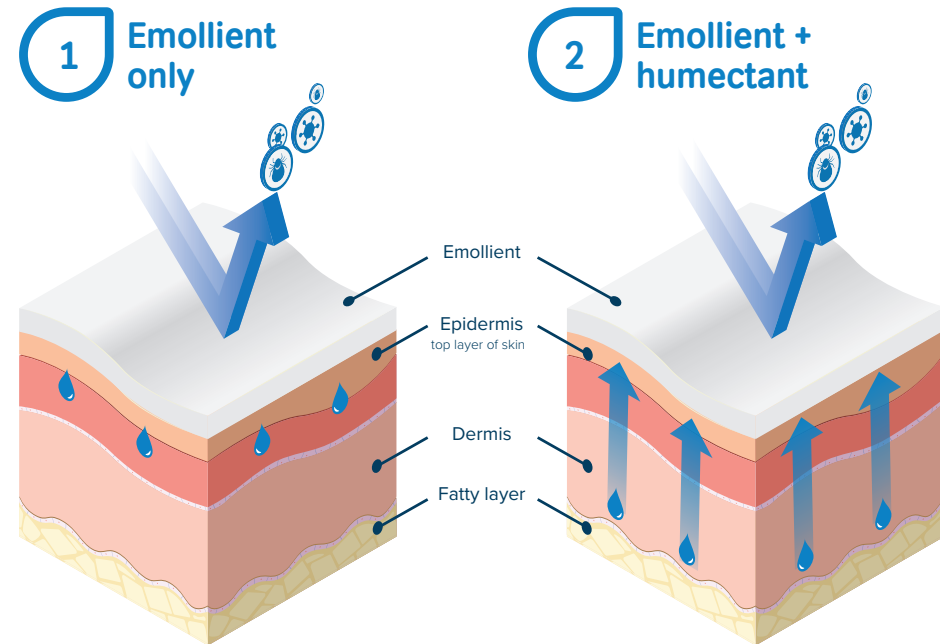


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* Children under 1 year should be treated under medical supervision.

What are emollients?

Eczema and dry skin are often treated with medical moisturisers known as emollients. Emollients soften, smooth and rehydrate, helping to reduce the signs of dry skin such as cracks or scales. There are two kinds of emollient...



Emollients form a barrier to trap water and protect skin

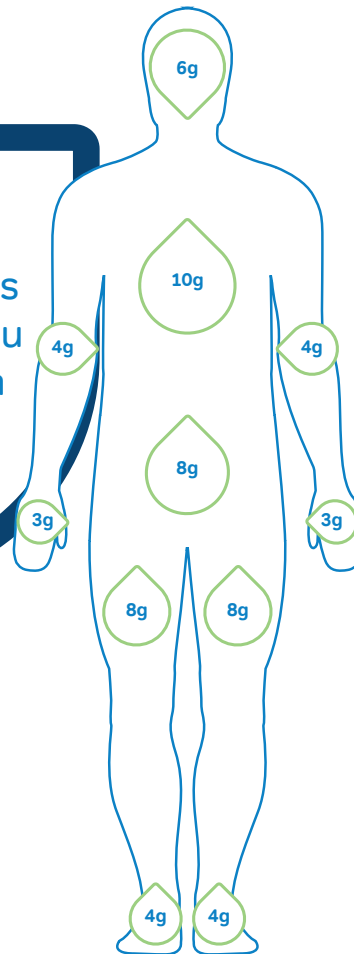
By creating a barrier on top of the skin, water is trapped, keeping skin plump and soft. It's also harder for irritants, allergens and bacteria to get in.

Some emollients also draw water from deeper layers of the skin

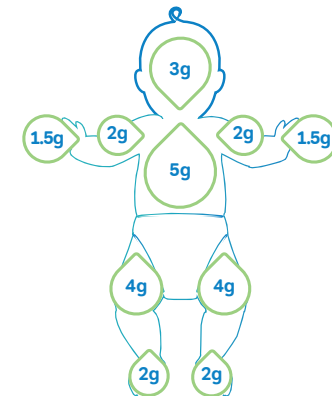
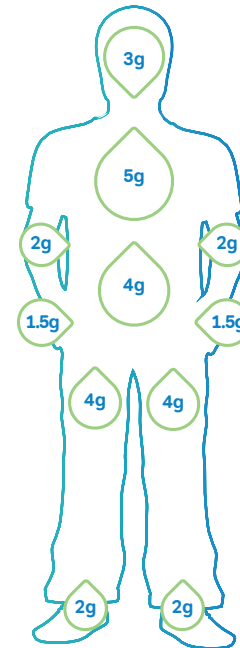
Some emollients, (such as Cetraben®), contain special ingredients called humectants, which draw water from the deeper layers of the skin to the outer layer where it is needed.

How much should I use?

Apply emollients generously – you need more than you think!



Using the right amount of emollient throughout the day, every day, will help keep your skin hydrated. Preventing the skin from drying out helps control the itching caused by eczema, so it looks and feels a lot better.

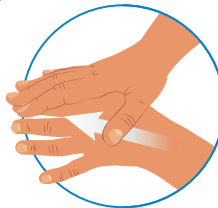


one press
= 4g



How to apply emollients

Emollients help to soothe, moisturise and protect dry and eczema-prone skin.



Wash your hands before applying emollients

Apply emollients generously – you need more than you think! Apply in a thick layer and leave to soak in. If your skin feels tacky, just wait a few more minutes for it to absorb.

Don't rub – this could irritate the skin. Instead, gently apply in smooth long strokes going in the direction that the hair grows.

Apply often – at least twice a day for dry skin and at least three to four times a day for very dry skin

Keep using emollients – if you have eczema or are prone to dry skin, continue your emollient regime even when the symptoms have disappeared to keep them from coming back.

The Cetraben range



Cream

Ideal for use throughout the day to treat relief of red, inflamed, dry skin, especially when associated with eczema.



Ointment

A 3-in-1 emollient used to moisturise and soften dry skin in eczema, dry cases of psoriasis and other dry skin conditions.



Lotion

A lighter option used for the relief of the symptoms of eczema, dermatitis and other dry skin conditions.



Bath Additive

Suitable for use as a soap substitute when showering or bathing.

Cetraben Emollient Bath Additive contains light liquid paraffin. Always read the label.



Hints and tips

Creating a good skincare routine is an essential part of managing eczema – you should aim to include the following:

- Avoid soap, wipes, bubble bath, cosmetic creams and gels for the bath and shower as they may dry and irritate the skin.
- Use an emollient or soap substitute for washing.
- Have a bath or shower daily to keep the skin clean.
- Gently pat the skin dry with a clean towel – don't rub vigorously.
- After a shower or bath is an optimal time to apply emollient. Pat the skin dry and apply emollient whilst the skin is slightly damp – this traps the moisture in the skin.
- Apply emollients whenever the skin is dry and continue using it even if your skin is clear.
- Don't run out! Have another pot of emollient ready before the one you are using is finished.

Be patient and persistent. Regular use of emollients is one of the most important steps you can take to treat dry skin and eczema.

Keep it clean

Try not to touch your skin while it is healing. If you need to touch it (for example to apply your emollient) always make sure your hands are clean to reduce the risk of infection.

Avoid open flames

It's not a good idea to stand close to open fires anyway but be extra cautious when using emollients as their ingredients can be flammable. To reduce the risk, wash your clothes regularly to avoid build-up.

Try not to scratch

Itchy skin and eczema can be unbearable, but it's really important to avoid scratching it, especially when treating eczema. The more you scratch, the more the skin becomes irritated and then the more it itches. Consider wrapping severely dry skin or eczema in bandages to help reduce temptation and try wearing gloves to protect your hands.

**For even more hints
and tips, please visit:**

**[www.cetraben.co.uk/
start-from-scratch](http://www.cetraben.co.uk/start-from-scratch)**



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To find out more about eczema, phone
the National Eczema Society helpline on
0800 089 1122 or visit **www.eczema.org**



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