



<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: We welcome any suggestions you have, please send your comments, concerns, complaints and compliments to: PALS, complaints and incidents team, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.</p>
<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেইপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেসায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১বিবিকিউ ঠিকানায় লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ ફંદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **PALS, complaints and incidents team**, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.

For more information see www.cwps.nhs.uk

© CWP NHS Foundation Trust

The information in the leaflet was valid at the date of production **Jul 2018** and is due for review in **Jul 2020**.

Leaflet code: **F-PHTUE-18-686**

Podiatry – Using emollients

Podiatry Service Administration Office

Room 65 1829 Building
Countess of Chester Health Park
Liverpool Road
Chester CH2 1HJ

Telephone (01244) 385000
Visit www.cwps.nhs.uk

Office opening hours:

Monday to Friday 9.00am – 12.30pm and 1.30pm – 4.00pm

What are emollients?

Emollients are moisturising treatments applied directly to the skin to reduce water loss and cover it with a protective film.

Why do we need to use emollients?

Emollients are essential in the management of dry skin conditions as they reduce the water loss from the epidermis, which is the top layer of skin. They help to maintain the elasticity and flexibility of the skin which prevents the skin from cracking.

Emollients soothe, smooth and rehydrate (add moisture) the skin but as the effect is short lived they need to be applied frequently and always in the direction of any hair growth. Ideally they should be applied at least twice a day and more if possible.

Which emollient should I choose?

Creams are easier to spread on the skin as the oil component has been emulsified into a water base.

- For example aqueous cream, E45, Lipobase, Oilatum

Ointments contain a mixture of oily substances. The more oil the preparation contains the better the emollient effect on the skin. These may be better used overnight:

- Epaderm, White soft paraffin, Emulsifying ointment
- Urea is a hydrating agent used in the treatment of dry scaling skin conditions. It can cause stinging in some patients in which case it can be diluted using Aqueous cream.
- Balneum (5% urea), Eucerin (10% urea), Calmurid (10% urea also contains 5% lactic acid which may cause stinging in some patients), Flexitol (25% urea)

Adverse reactions to emollients

Some emollients may cause the skin to become sensitive – wool fat e.g. Lanolin, preservatives e.g. Chlorocresol and fragrances can cause reactions. Stop using the emollient immediately if this should happen.

Arachis oil is found in Oilatum and Hydromol cream and should be avoided by anyone allergic to peanuts.

Very occlusive moisturisers can block the hair follicles and cause Folliculitis. Changing to a less occlusive moisturiser (less greasy) will usually resolve the problem.

Take care

- When using bath emollients/oils use a bath mat to prevent slipping.
- When using oil/grease based moisturisers e.g. white soft paraffin avoid contact with naked flames or smoking as the oils are very volatile.
- Change or launder clothing and bedding frequently as the grease soaks into the fabrics and they potentially become a fire hazard.
- When using an emollient on your feet do not let any cream go between your toes as this could cause maceration in the web spaces.
- Gently rub in the emollient until it disappears, avoid leaving it on the skin surface.

Important

The podiatrist cannot recommend or suggest the use of a particular emollient. Please seek further advice from a Pharmacist or your GP. Visit www.nhs.uk for more information.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.