

How to Use AproDerm® Emollients

When using any cream for the first time it is recommended that you lightly test a small area of skin with the product and leave for 48 hours. If there is no reaction or irritation, then apply all over the affected area of skin.

- To keep your skin hydrated and protected apply your AproDerm® emollient **regularly, liberally and frequently** to the affected area using **gentle, downward strokes** following the **direction of hair growth**.
- Leave a thin layer of the emollient on the skin to soak in.
- Continue applying your AproDerm® emollient after your skin has improved to keep it protected and reduce the risk of flare-ups.

Dear Doctor _____

I have recently been using a product from the AproDerm® range and found it to be effective on my: (please circle)

Eczema Psoriasis Dry Skin

Please can you prescribe me the following:

PIP Code	Product Name	Pack Size	Packs Required
401-1771	AproDerm® Colloidal Oat Cream	500ml	
401-1763	AproDerm® Colloidal Oat Cream	100ml	
402-1218	AproDerm® Emollient Cream	500g	
402-1226	AproDerm® Emollient Cream	50g	
402-7546	AproDerm® Gel	500g	
402-7553	AproDerm® Gel	100g	
404-9995	AproDerm® Ointment	500g	
406-5348	AproDerm® Ointment	50g	

Patient Name: _____

Address: _____

Postcode: _____

Telephone: _____

How much AproDerm® Emollient should I apply?

The exact amount of emollient that you use per day will depend on the size of the area that needs moisturising and how dry your skin is.

As an indication the table below shows how much AproDerm® emollient an adult or child aged 12 years or over would typically use per month if they applied AproDerm® **twice a day** to the areas of the body shown. Children under 12 years would use roughly half the amount.

Area of Body	AproDerm® Emollient (grams per month*)	No of 500g tubs/pumps (per month*)
Face	60g-120g	1
Trunk	1600g	4
Both Hands	100g-200g	1
Both Arms or Legs	400g-800g	2
Scalp	200g-400g	1
Groin and genitalia	60g-100g	1

Typical monthly quantities of AproDerm® for an adult or child aged 12 years and over, if used twice a day³

*Each time you fully press down the nozzle of the pump approx. 4 grams of AproDerm® is released.

AproDerm®

There are many ways to get your hands on our range including via prescription or by buying the emollients from your pharmacist or online at

www.aproderm.com



✉ info@aproderm.com ☎ 0121 661 4615 🌐 www.aproderm.com

🐦 @AproDerm 📺 facebook.com/AproDerm

¹ Mims.co.uk (2019) Emollients, Potential Skin Sensitisers as Ingredients. [online] Available at: <https://www.mims.co.uk/emollients-potential-skin-sensitisers-ingredients/dermatology/article/882437> [Accessed on 19 February 2019].

² Fowler JF, Nebus J, Wallo W, Eichenfield LF. Colloidal oatmeal formulations as adjunct treatments in atopic dermatitis. J Drugs Dermatol. 2012; 11(7):804-807

³ British National Formulary. (2018). 76th ed. Royal Pharmaceutical Society Press, Chap. 13

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AproDerm®

What your skin would choose



Better skin starts with AproDerm®

The AproDerm® emollient range are daily moisturisers that are **suitable from birth** for skin suffering from **Eczema, Psoriasis** and other **Dry Skin Conditions**.

Developed with you in mind the complete range is:

- ✓ Parabens Free
- ✓ SLS Free
- ✓ Benzyl Alcohol Free
- ✓ Fragrance Free
- ✓ Colour Free

Available on Prescription and to Buy



Here at AproDerm® we want to care for everyone in your family, hence we've made our entire range so gentle that you can feel confident using it on both yourself and your newborn.

Designed to **soothe, moisturise, protect** and **comfort** skin suffering from **Eczema, Psoriasis** and other **Dry Skin Conditions**, the complete AproDerm® Range is specially developed with you in mind to be:

- ✓ SLS Free
- ✓ Parabens Free
- ✓ Benzyl Alcohol Free
- ✓ Fragrance Free
- ✓ Colour Free

These common irritants and sensitisers¹ are found in many emollients and skincare products and can potentially irritate skin that is already sensitive.

Key Benefits of AproDerm®

- Suitable **from birth**.
- All of our products have been dermatologically tested but don't worry, we made sure no animals were involved so our complete range is cruelty free.
- All emollients in our range can be used **before bathing** (pre-bathing) to help reduce its drying effects and after to keep your skin moisturised.
- To make your life a little easier, our **AproDerm® Colloidal Oat Cream** and **AproDerm® Emollient Cream** can also be used instead of soap meaning they are great to also use in the shower as body cleansers.

Tips & Advice



Wash your hands before applying **AproDerm®**



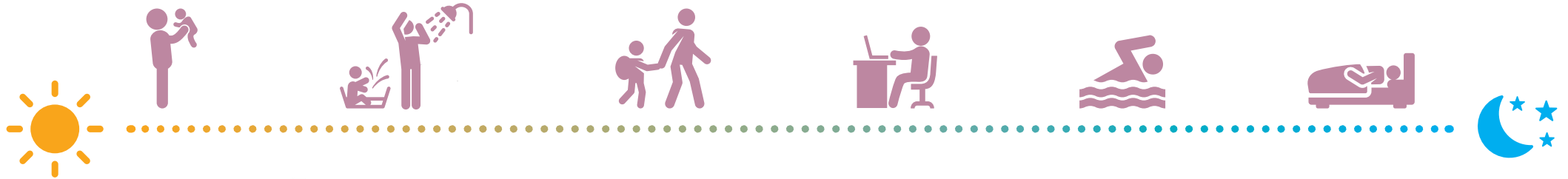
Remember to keep your **fingernails short** and **smooth** to avoid breaking the skin



Bathe in **warm water**, (not hot) for no longer than 10-15 minutes. **Pat** your skin until almost **dry** and apply your AproDerm® emollient



Avoid rubbing as this may cause further irritation, itching and folliculitis (inflammation of the hair follicle)



AproDerm® Colloidal Oat Cream

HYDRATION



- Formulated with hydrating active colloidal oatmeal, this **paraffin-free** cream is great to use daily as both a **moisturiser** and a cleansing **soap substitute**.
- **Colloidal oat** helps to **calm** redness and itching², which means you scratch less, giving your skin time to repair itself.
- Colloidal oat **maintains** the skin's **normal pH levels** (pH buffer)².

AproDerm® Emollient Cream

HYDRATION



- A **soap substitute** suitable from birth for use in the bath or shower and for hand washing.
- Creates a **protective** layer on the skin.
- A **cooling moisturiser** that absorbs easily into the skin.

AproDerm® Gel

HYDRATION



- Highly **moisturising** without the greasiness of an ointment.
- Actively draws and retains moisture within the skin to help reduce **dryness and irritation** making it perfect to also use as a **pre-bathing** emollient.
- Softens, hydrates and protects the skin.

AproDerm® Ointment

HYDRATION



- An intensely **moisturising** ointment.
- Particularly suitable for **overnight** use.
- Effective on hand eczema.