

EMOLLIENTS

Best Practice Guidance for Care Homes

The purpose of this guidance is to support you with the appropriate use of emollients for your residents and to promote best practice

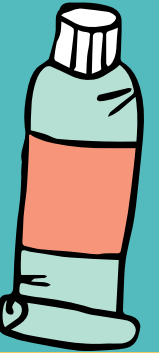
01. CREAMS

- Creams are a blend of water and fat, making them feel light on the skin and easy to spread.
- They don't feel greasy, and their quick absorption makes them ideal for daytime use.
- Creams need to be reapplied several times a day as their effects last around 3-4 hours.



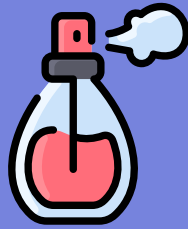
02. OINTMENTS

- Ointments are thick, greasy emollients typically used before bed.
- Highly effective for deeply moisturising dry or thick skin and are often used by those with sensitive skin, as they are typically preservative-free.
- Their thick consistency makes them less suitable for daytime wear.



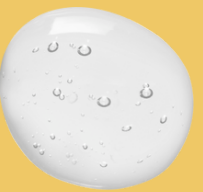
03. SPRAYS

- Sprays are highly versatile emollients that can be applied easily and almost anywhere without direct contact with the skin.
- They are especially useful for sore or sensitive skin, as they typically last several hours and can be reapplied throughout the day.



04. LOTIONS

- Lotions are similar to creams but are lighter, making them easier to apply over larger areas.
- Requiring more frequent application. They are commonly used when there are breakages in the skin or excess hair that might make applying other emollients more difficult.



05. TOP TIPS

- Wash and dry hands before applying emollients
- Apply emollients after bathing
- Apply gently in the direction of hair growth



06. FIRE HAZARD

- Avoid smoking and limit exposure to open flames.
- Regularly wash bedding and clothing at a higher temperature to remove dried emollients
- Do not use if a resident is on oxygen therapy



07. PROBLEMS

- Skin issues, such as pressure ulcers and bed sores, can develop rapidly, especially in individuals who are immobile.
- Check on a regular basis
- Report any skin changes



08. CAUTIONS

- Always follow the directions on the label
- Review annually with prescriber
- Contact the prescriber with any suspected adverse reaction

