

Tips & Advice	Explanation
When using an emollient for the <b>first time test</b> a small amount on an area of skin and leave for <b>48 hours</b> . If there is no reaction or irritation apply all over the affected area of skin	Some people may be sensitive to <b>certain ingredients</b> found in the emollient and so react to them. Testing a small area limits any potential reaction to the test area alone and so doesn't aggravate skin that is already sensitive and irritated
Keep finger <b>nails short &amp; smooth</b>	Keeping finger nails short and smooth <b>prevents accidental damage</b> to the skin surface when applying emollients or scratching (although scratching should be avoided). <b>Long nails</b> can also harbour <b>bacteria</b> under them, which, along with the bacteria <b>staphylococcus</b> (found on the skin) and other pathogens, can enter broken and irritated skin causing further <b>irritation, inflammation and infection</b>
<b>Wash hands</b> before applying emollients	This <b>removes bacteria</b> , which are invisible to the eye, from your hands thus reducing the risk of infection
<b>Pump dispensers</b> reduce the risk of product contamination	<b>Pump dispensers eliminate</b> the need to use your fingers to scoop out the emollient from the container so stopping the <b>bacteria</b> , found on fingers and possibly under the nails, from getting into the emollient and subsequently into the broken skin of an eczema, psoriasis or dry skin sufferer
Always use a <b>clean spoon</b> to scoop out emollients that come in <b>tubs</b> and transfer the amount required into a clean container or plate and use from there	Putting your hands into a tub of emollient can cause <b>bacterial contamination</b> of the product, which can subsequently get into broken, irritated skin. By using a <b>clean spoon</b> to take out the exact amount needed minimises contact with the emollient
Emollients should be <b>applied regularly, liberally</b> and frequently ( <b>at least three times a day</b> )	The effects of emollients don't last long so they need to be <b>applied frequently</b> . Regular emollient application keeps the skin <b>protected and hydrated</b> and can <b>reduce</b> the need for <b>steroid creams</b> . It is important to note that you cannot overuse emollients so they should be applied liberally and as often as needed
Apply emollients <b>downwards</b> in the <b>direction of hair growth</b>	This reduces the risk of <b>blocking hair follicles</b> and causing <b>folliculitis – inflammation</b> of the hair follicles
Emollients should be applied using <b>gentle strokes</b>	<b>Vigorous</b> strokes or <b>rubbing</b> can generate <b>heat</b> making the skin itchy and irritated, which can lead to scratching so exacerbating the <b>itch-scratch</b> cycle
Continue applying emollients after your <b>skin has improved</b>	This continues to help hydrate and protect the skin and <b>reduces the risk of flare ups</b>
Apply <b>greasy emollients at night</b>	Greasy emollients are good for night time use as they <b>last longer</b> . Some people also prefer to put them on at night time as they are <b>messy</b> and can <b>transfer onto clothing</b>
Apply <b>greasy emollients</b> on <b>very dry</b> or <b>thickened</b> skin	As greasy <b>emollients hydrate</b> the skin <b>more</b> than creams they are ideal for very dry and thickened skin
Apply emollients at least <b>20 minutes before bedtime</b>	This allows <b>time</b> for the emollient to <b>absorb into</b> the skin before you or your child goes to sleep
Keep your <b>child occupied</b> whilst trying to put on their emollient	It's difficult to get a child to sit still at the best of times, let alone while you are trying to put emollients on them. Visit our <b>Kids Zone</b> at <a href="http://www.aproderm.com/kids-zone">www.aproderm.com/kids-zone</a> for some <b>fun, interactive games</b> to help your child <b>learn</b> about their <b>eczema</b> and keep them occupied whilst you put their emollient on
Many emollients contain <b>paraffin</b> and when using these you should keep away from <b>fire</b> , including any naked flames and cigarettes	Emollients can get soaked into dressings and clothes. As paraffin is easily ignited with a naked flame it is important to keep away from fire when using paraffin containing emollients