

AproDerm® is a range of emollients that are suitable for those suffering from **Eczema, Psoriasis** and other **Dry Skin Conditions** as well as being effective **daily moisturisers**.

Suitable from birth the complete range, **AproDerm® Emollient Cream** and **AproDerm® Colloidal Oat Cream**, soothes, moisturises and **protects** the whole family. AproDerm® Colloidal Oat Cream is formulated with active colloidal oatmeal, whose soothing effects on the skin date back centuries and is proven to protect and restore the skin's surface as well as soothe and relieve the itch and irritation associated with dry skin conditions. AproDerm® Colloidal Oat Cream also has humectant, buffering and cleansing properties.

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

Tips & Advice

- ✿ **Wash your hands** before applying AproDerm®
- ✿ Keep your **finger nails short and smooth** to avoid breaking the skin
- ✿ **Apply AproDerm® regularly, liberally and frequently** (at least 3 times a day) to the affected area using **gentle, downward strokes** following the **direction of hair growth**. **DO NOT RUB** as this can cause **further irritation, itching** and **folliculitis** (inflammation of the hair follicle)
- ✿ Leave a **thin layer** of cream on the skin to **soak in**
- ✿ AproDerm® can also be used as a **pre-bathing emollient** to alleviate the drying effects caused by bathing
- ✿ Bathe in **warm, NOT HOT, water** for no longer than **10-15 minutes**
- ✿ After bathing **pat the skin almost dry** and then apply AproDerm® again
- ✿ Wear **loose cotton clothing** to allow your skin to breathe
- ✿ **Continue applying AproDerm®** after your skin has improved to **prevent the risk of flare-ups**
- ✿ **Swimming** can cause the skin to become irritated - **applying AproDerm® before exposure** may help

Key Benefits:

- ✓ SLS Free
- ✓ Parabens Free
- ✓ Halogen Free
- ✓ Fragrance Free
- ✓ Colour Free

These irritants and sensitisers are found in many emollients, skincare and cosmetic products and can potentially irritate skin that is already sensitive. As well as the above benefits AproDerm® Colloidal Oat Cream also **cleanses the skin**.

How much & how often should AproDerm® be applied?

Area of Skin	AproDerm® (grams per day)
Face & Neck	up to 12g
Trunk	12g - 24g
Both Arms	12g
Both Hands	up to 12g
Both Legs	24g - 36g

Table 1: Typical daily quantities of AproDerm® suitable for an adult or child aged 12 years and over

AproDerm® should be applied **regularly, liberally** and as **frequently** as possible (**at least 3 times a day**) so that the skin is protected and hydrated. Table 1 shows how much AproDerm® an **adult or child** aged 12 years or over would typically use **per day** if they applied AproDerm® **three times a day** to the areas of the body shown. For children under 12 years the amounts used would be approximately half.

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AproDerm®

Available on Prescription
Ask your Doctor or
Healthcare Professional



Dear Doctor _____

I have recently been using a sample 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:

Product	Pack Size	PIP Code	Packs Required
AproDerm® Emollient Cream	450g	394 - 7041	
AproDerm® Colloidal Oat Cream	500ml	401 - 1771	

Patient Name: _____

Address: _____

Postcode: _____

Telephone: _____