



How to Apply AproDerm®

Finding the right emollient that works for you or your child can be a lengthy process. An important part of this journey is making sure that you apply the emollient correctly, this includes the way in which you apply it (technique), the amount that you apply (quantity) and how often you apply it (frequency). Incorrect technique can not only make a person think that an emollient isn't working but in some cases it can make their skin more irritated and the condition worse. Under these circumstances the person may stop using the emollient as they believe that it is not working for them when in fact, had it been applied correctly, it may actually have worked.

The AproDerm® Range of emollients can be used **throughout the day**, as **pre-bathing emollients** and **after bathing**. In addition AproDerm® Colloidal Oat Cream and AproDerm® Emollient Cream are also effective **soap substitutes**.

How to Apply Emollients

- ❁ **Wash your hands** before applying your emollient to reduce the risk of bacterial infection.
- ❁ Remove the tamper evident seal on the emollient and, with emollients that are in pumps, **turn the nozzle** in a clockwise direction and **press down** to pump the emollient onto your hand. The first time that you use your emollient you may need to press the nozzle up to ten times before the emollient comes out - this is normal. With emollients that come in tubs, you should use a clean spoon to remove the amount of emollient that you require and put it onto a clean container. Placing your hands in any emollients that come in tubs can cause contamination of the emollient. Discard any unused emollient and do not put it back in the tub.
- ❁ When using any emollient for the first time you should **test an area of skin** (patch test) with a small amount of it and leave for 48 hours - if there is no reaction or irritation then apply the emollient all over the affected area of skin.
- ❁ Apply your AproDerm® emollient **regularly, liberally and frequently** to the affected area using gentle, downward strokes and following the direction of hair growth – making sure that you do not rub as this can irritate the skin and, if the hair follicle becomes blocked, may cause folliculitis (inflammation of the hair follicle).
- ❁ **Leave a thin layer of** your AproDerm® emollient on the skin to soak in (the skin should glisten) - this can take about 10 minutes.
- ❁ **AproDerm® emollients should be applied as required** or as directed by your Healthcare Professional.
- ❁ Soap can be harsh on your skin so when bathing or washing use an effective soap substitute instead, such as AproDerm® Colloidal Oat Cream or AproDerm® Emollient Cream.
- ❁ AproDerm® emollients can be used **before bathing** (pre-bathing) to help **reduce the drying effects** of bathing.
- ❁ Apply your AproDerm® emollient **after bathing** as well, to skin that is almost dry, as this will help trap in moisture and hydrate the skin further.
- ❁ You should **continue applying** your AproDerm® emollient after your skin has improved to **prevent the risk of flare-ups**.

How Much AproDerm® Emollient Should I Be Applying?

AproDerm® emollients should be applied **regularly, liberally** and as **frequently** as required so that your skin is protected and hydrated. Generally, the **drier your skin the more often the emollient** has to be **applied** and the greasier the emollient should be. As an indication Table 1 shows how much emollient an **adult or child aged 12 years or over** would typically use **per month** if they applied an AproDerm® emollient **twice a day** to the areas of the body shown. For children under 12 years the amounts used would be approximately half of this.

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

Table 1: Suitable monthly quantities for an adult or child aged 12 years and over based on twice daily application*

Always apply your emollient regularly, liberally and frequently. Emollients cannot be overused, in fact, they tend to be underused which may lead to the misconception that they aren't working when it's actually because they are not being used often enough. There are certain times when the skin is likely to become irritated, such as when swimming or in cold weather, applying your AproDerm® emollient before exposure may help. For more information on using emollients please visit our Tips and Advice section at www.aproderm.com/tips-and-advice

AproDerm® Soothes, Moisturises and Protects the whole family