

## All emollients carry a fire risk

Emollients are an important and effective treatment for chronic dry skin conditions and you should continue to use these products. Your treatment is important and it is essential you are kept safe when using these products.

It is very important that you do the following to reduce the risks of fire whilst using these products:

- Do not smoke, use naked flames (or be near people who are smoking or using naked flames) or go near anything else that may cause a fire whilst these products are in contact with your clothes, dressings or bandages.
- Emollients soak into fabric and build-up which can become a fire risk. Therefore it is important to change clothing and bedding regularly (preferably daily).
- Please be aware that washing clothing or fabric at a high temperature may reduce emollient build-up but not totally remove it.
- Tell your relatives or carers about your treatment and show them this leaflet about the fire risk.
- Tell your doctor, nurse or pharmacist if you normally smoke. They will be able to offer you help and advice to stop smoking

## Contact us

If you require further advice or have any queries regarding information in this leaflet.

Please contact:

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Cambridgeshire and  
Peterborough  
Clinical Commissioning Group

## Stopping the prescribing of bath and shower emollients



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An information guide  
for patients

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## Why are we stopping?

Cambridgeshire and Peterborough CCG does not support the prescribing of bath and shower emollients, for both adults and children. Bath and shower emollients are products used for dry, itchy and scaly skin conditions such as eczema and dermatitis.

Using bath and shower emollients are not considered to be any more clinically effective than applying moisturiser directly onto your skin. A clinical trial carried out in 2018 provided strong evidence that emollient bath additives provide minimal or no additional benefit beyond standard management of eczema in children. Standard management of eczema includes soap avoidance and regular applications of a leave-on emollient.

Over the past year (May 2018 to April 2019) your local NHS has spent approximately £43,000 on prescribing bath and shower emollients.

## What happens next?

Your GP will review your prescription and will stop prescribing shower and bath emollients to you. Your GP will recommend that you continue to use your normal emollient cream or ointment regularly as a leave-on moisturiser.

If clinically appropriate, your doctor may advise you to use an emollient cream or ointment which can be used instead of soap (except for Liquid and White Soft Paraffin 50:50 ointment). This may include an emollient cream or ointment that you are currently using which can be used for both washing in the bath or shower and applying regularly as a leave-on emollient.

## How you can self-care

Creams and emollients can make surfaces and objects very slippery, therefore extra care is required when getting in and out of the bath/shower.

If you prefer not to wash with your normal emollient, and would like to continue to use emollient shower gels or bath preparations then these are available for you to buy from pharmacies and supermarkets.

A pharmacist can provide advice on how to manage the symptoms of dry skin, such as eczema and psoriasis.

You may wish to help your local NHS by buying your own leave-on emollients which are easily available to buy over the counter from pharmacies and supermarkets.