



Using your emollients safely

NHS

Cambridgeshire and
Peterborough
Clinical Commissioning Group



Emollients are moisturising treatments used to manage dry, itchy or scaly skin conditions.



How to use emollients safely

- ✔ **Keep away from fire, flames and cigarettes when using any type of emollient.** Dressings, clothing and bedding that have been in contact with an emollient can easily catch fire.
- ✔ **Change clothing and bedding regularly – preferably daily.** Emollients soak into fabric and the build-up of residues can increase the fire risk. Washing fabrics at high temperatures may reduce the build-up but does not remove it entirely.
- ✔ **Tell your doctor, nurse or pharmacist if you normally smoke.** They will be able to offer you help and advice to stop smoking.
- ✔ **Tell you relatives or carers about your treatment and the fire risk.** Those who care for you can help to keep you safe.



There is a fire risk associated with all emollients whether they contain paraffin or not.

For further information please ask for a patient information leaflet.