

TO KEEP CONTROL

# Moisturising creams(emollients)

What are they for?

These creams are used to **keep control** of eczema. They help to:

- Stop eczema flare-ups by keeping out things that may irritate the skin
- Make the skin soft by locking water in the skin
- Stopping itching

**Most people with eczema will need to use moisturising creams every day.**

When?

Usually they need to be used **at least once a day**. The drier your skin is, the more often you should use a moisturising cream.

How often?

The drier your skin is, the more often you should use a moisturising cream.

How much to apply?

Put on a thick layer. Moisturising creams **cannot be overused**.

How long for?

**Always**. Use moisturising creams **even when your skin is clear** will prevent flare-ups in the future.

Are they safe?

**Yes**. Moisturising creams are very safe. They are used by millions of people with eczema across the world. Sometimes people find they irritate or sting. You may need to find one that works for you.