

Dermatology Outpatient Clinic

Use of emollient creams

In the treatment of dry or inflamed skin, in addition to other treatments, emollient creams are used. The emollient cream prevents dry skin and protects from irritants.

Applying the emollient

Apply the emollient cream to the skin without rubbing. Use the emollient cream daily and always after washing. If the cream causes a burning sensation, apply it while the skin is still moist. You can apply the cream on your whole body. If you are using medical creams such as cortisone creams, apply them on your skin at a slightly different times than the emollient cream. This way, they do not interfere with each other's absorption.

On dry, thickened skin and scaly patches prefer greasy ointments. You can apply very greasy ointment in the evening and wear cotton night wear and cotton socks and/or gloves if necessary.

How much

To apply cream on the whole body, use 20-30 g of cream at one time. You should use 300 – 400 g of emollient cream in a week if you apply a thin layer twice a day on the whole body. When the skin is very dry, you will need more cream.

If your skin is dry, you can use the emollient cream continuously. The choice of the emollient cream is largely a matter of preference. However, the rule with emollients is that light emollient creams are used for weeping skin and oily creams for dry, scaly skin. If necessary, you can change the emollient cream brand from time to time.

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Emollient creams

Light creams

Apobase Lotion
Aqualan Gel gel
Aqualan Duo emulsion
Aqualan Plus emulsion
Dermalog lotion
Essex lotion
Humektan emulsion
Xyliderm gel

Moderately greasy ointments

Apobase Carbamide 5 % emulsiovoide
Apobase Creme emulsion
Aqualan emulsion
Canoderm emulsion
Carbalan emulsion
Carbalan Plus emulsion
Ceralan emulsion
Ceralan Plus emulsion
Decubal Clinic Creme emulsion
Dermalog emulsion
Essex emulsion
Lipolan emulsion
Miniderm emulsion
Miniderm Duo emulsion
Novalan emulsion

Greasy ointments

Apobase Oily Creme emulsion
Aqualan Oil skin oil
Ceraderm skin oil
Ceraderm cream
Decubal Repair emulsion
Locobase Protect emulsion
Dermalog greasy emulsion
Dermalog Skin-cure cream
Novalan emulsion
Minicare cream

These emollient creams belong to the basic rate reimbursement category if your prescription indicates that you have a chronic skin condition. Reimbursement depends on the size of the package (different sizes for different products). The emollient creams listed are fragrance-free.