

# EPIMAX<sup>®</sup>

## Emollient Ladder



## How to effectively apply emollients

### How to apply<sup>1</sup>

Apply gently by smoothing into the skin in the direction of hair growth.\*



Be careful to avoid contact with eyes. If product does accidentally come in contact with eyes, rinse well with water and seek medical advice.

### How much to apply<sup>1</sup>

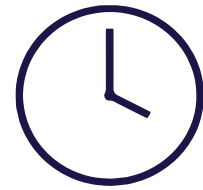
Apply emollients liberally using as much product as needed to manage symptoms.

At least 500g per week for adults  
At least 250g per week for children.



### How often to apply<sup>1</sup>

Apply emollients as often as required.



### Body wash<sup>2,3</sup>

EPIMAX<sup>®</sup> emollients can be used as a non-foaming body wash to cleanse and moisturise the skin.



- Mix a small amount (around a teaspoonful) in the palm of your hand with a little warm water and spread it over your skin
- Rinse and pat the skin dry, being careful not to rub it (this could trigger: itching, blocked hair follicles or create more heat in the skin)

### Bath additive<sup>3</sup>



To help keep skin hydrated, melt 4g of EPIMAX<sup>®</sup> Ointment in hot water and add to your bath.\*

#### Tips<sup>1</sup>

- Use your emollient even when symptoms have improved to help prevent flare-ups
- For extra hydration, apply after bathing, while water is still trapped in the skin

### How to apply emollients in the sun<sup>4</sup>

In sunny weather where SPF needs to be worn, apply the emollient 30 minutes before applying SPF.



Choose an emollient that is lower down on the Emollient Ladder, as emollients with high oil content can accelerate burning.

\* EPIMAX<sup>®</sup> Ointment and EPIMAX<sup>®</sup> Paraffin-free Ointment should not be used on the face. Wash hands after use.

#### References:

1. <https://eczema.org/information-and-advice/treatments-for-eczema/emollients/> (accessed June 2024)
2. <https://www.nhs.uk/conditions/emollients/> (accessed June 2024)
3. <https://epimax.co.uk/products/epimax-ointment/> (accessed June 2024)
4. <https://eczema.org/information-and-advice/triggers-for-eczema/sun-and-eczema/> (accessed June 2024)

#### Epimax Range Product Information

**Presentation:** Creams and gel available in a 500g tottle, tub or 100g tube, ointments available in a 500g or 125g tub (Epimax ointment only), eyelid ointment available in a 4g tube. **Main ingredients:** White soft paraffin, light liquid paraffin, anhydrous lanolin, avena sativa (oat) kernel flour, isopropyl myristate, yellow soft paraffin, polyoxyethylene, hydrogenated castor oil. **Indications:** All products: As an emollient for the relief of dry skin in eczema, psoriasis, and other dry skin conditions. **Creams and gel:** For use as a body wash. 500g/125g. **Ointments:** Bath additive or body wash. 500g/125g Ointment and Paraffin Free Ointment: **Do not use on the face.** **Method of use:** Adults, Elderly and Children: apply to the skin areas as frequently as required. **As a body wash:** Use as required. **As a bath additive:** Melt 4g in hot water and add to the bath. Wash hands after use. **Dosage:** Use as required. **Warnings:** Do not smoke or go near naked flames – risk of severe burns. Fabric that has been in contact with these products burns more easily and is a serious fire hazard. **Avoid contact with the eyes.** If product does accidentally come in contact with eyes, rinse well with water and seek medical advice. Talk to your doctor or healthcare professional before use if the skin is broken, badly cracked, infected or bleeding. **Contraindications:** Patients with known hypersensitivity to any ingredient, including Lanolin, Cetostearyl Alcohol, Hydroxybenzoates, Phenoxyethanol, Isopropyl Palmitate, Benzyl Alcohol, Triethanolamine; **Side effects:** Rarely mild reactions such as skin rash can occur. Allergic reactions. **Product classification:** Class I Medical Devices. **Cost:** Epimax Moisturising Cream: £3.04 (500g), £2.02 (100g); Epimax Original Cream: £2.72 (500g), £0.81 (100g); Epimax Oatmeal Cream: £3.16 (500g), £2.10 (100g); Epimax ExCetra Cream: £3.15 (500g), £1.86 (100g); Epimax Intensive Cream: £2.81 (500g); Epimax Isomol Gel: £3.14 (500g), £2.06 (100g); Epimax Ointment: £3.19 (500g), £2.05 (125g); Epimax Paraffin-Free Ointment: £5.11 (500g); Epimax Eyelid Ointment: £2.35 (4g) NHS List Price. **Legal Manufacturer:** Aspire Pharma Ltd, Unit 4, Rotherbrook Court, Bedford Road, Petersfield, Hampshire, GU32 3QG, UK. **Date reviewed:** June 2024. **Version number:** 1010451581 v 14.0

Adverse events should be reported. Reporting forms and information can be found at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). Adverse events should also be reported to Aspire Pharma Ltd on 01730 231148.

