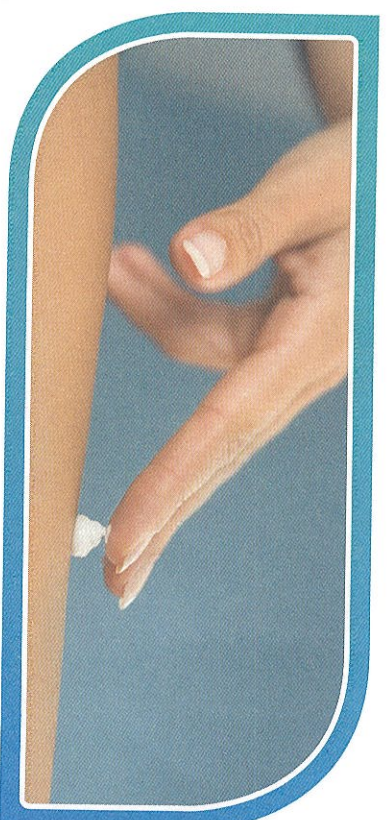


How should I apply my emollient?

Using the right amount of emollient throughout the day, every day, will help keep your skin hydrated. Preventing the skin from drying out helps control the itching caused by eczema, so it looks and feels a lot better.

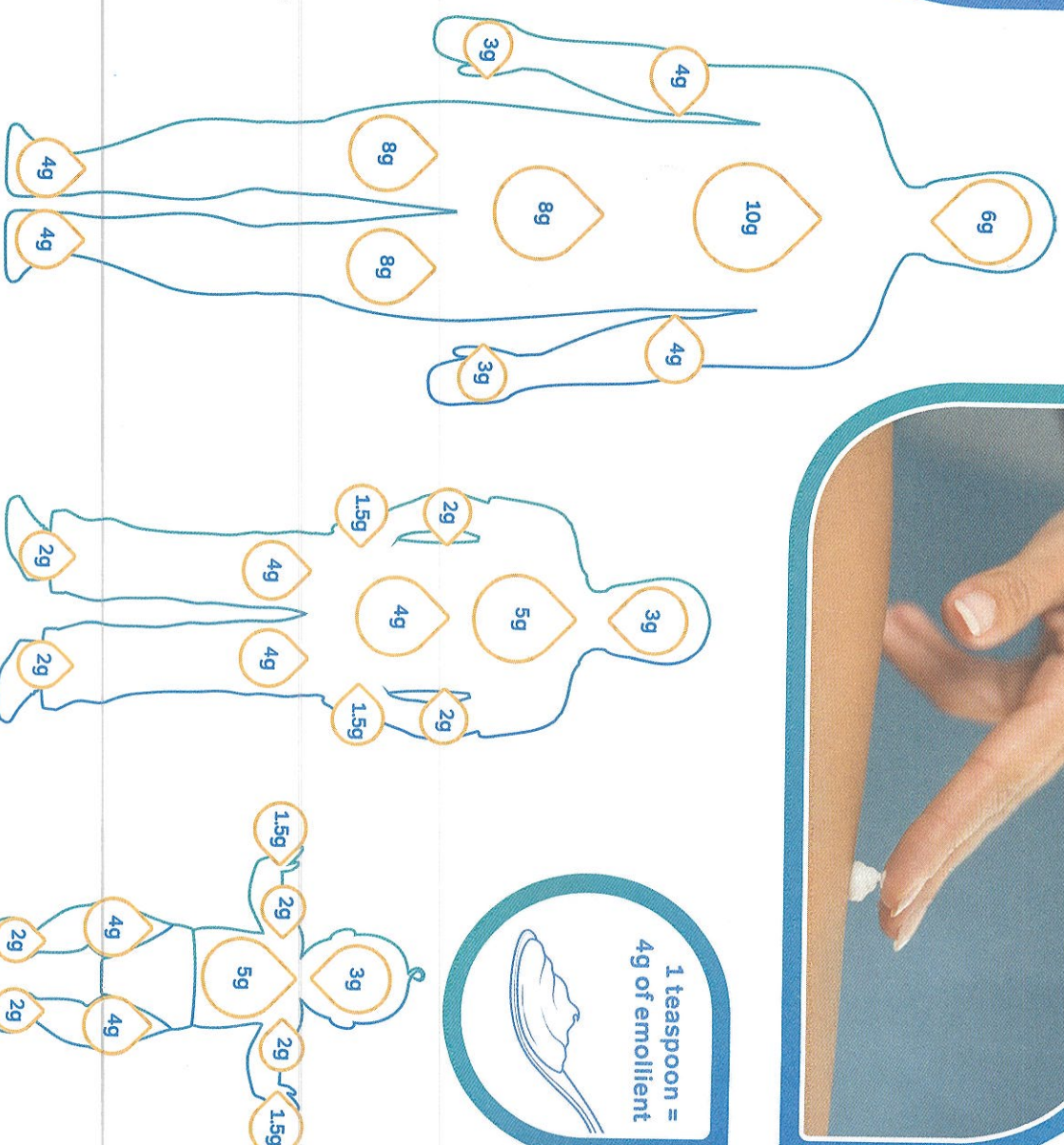


1. How often should I apply my emollient?

You should aim to apply your emollient at least three times a day, every day, even when your skin feels better.

2. Am I using enough emollient?

Whether it's for you, your child or your baby, using plenty of emollient is the key to managing eczema. Take a look at the diagrams to make sure you're using enough.



3. How should I apply my emollient?

Apply your emollient by using downward strokes in the direction of hair growth. Make sure you don't rub, as this will irritate your skin.



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For your eczema to get better you need to use your emollient every day, even on a good day.

For more information, please visit cetraben.co.uk