

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use Audio formats.

NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:
fife.equalityandhumanrights@nhs.scot or phone 01592 729130

Further patient information leaflets are available online on our website www.nhsfife.org/

Fife Council and NHS Fife are supporting the people of Fife together through Fife's Health and Social Care Partnership.

www.fifehealthandsocialcare.org



WARNING – Emollient Products

When a paraffin-based emollient product is covered by a dressing or clothing or in contact with bed covers, there is a danger that smoking or using a naked flame could cause dressings, clothing or bedding to catch fire.

When any fabric has been impregnated with emollient product, there is an increased fire risk as it will ignite more easily, burn more quickly and result in a more intense, rapidly developing fire situation.

Emollients are widely used to manage dry skin conditions such as eczema or psoriasis. Paraffin-based emollient products are available in various forms, including creams, sprays, gels & ointments. Examples are those that:

- Contain paraffin
- Do not contain paraffin, such as those made with natural oils
- Contain other flammable constituents
- **Do not smoke if fabrics worn or in use are likely to be impregnated (dressings, clothing and bedding) and avoid all naked flames – lighters / matches, cookers and heating devices**
- **Frequently change dressings**
- **Recommend laundering of clothing and bedding more often and at a high temperature (although this does reduce the emollient within the fabric, it will not remove all product and caution should still be exercised)**

LEAFLET30	V1 R3
Issued	Jan 2002
Last Revised	Apr 2021
Next Review	Apr 2023
Images	Microsoft



PODIATRY DEPARTMENT



*used with permission of Microsoft

WHY MOISTURISE YOUR FEET?

STRUCTURE OF THE SKIN

The skin is the largest organ of the body. It covers an area of 1.75 metres, makes up for 7% of body weight and receives about one third of the blood pumped from the heart.

DRY SKIN

The skin relies on moisture to retain its elasticity and suppleness. When it becomes dry it loses these important features. It becomes flaky, feels rough and could put you at risk of your skin splitting. To prevent this from happening, the skin needs constant attention and moisture.

HOW TO MANAGE DRY SKIN

If you are prone to dry skin, or have a condition that may cause dry skin, it is important that you do everything you can to help hydrate the skin and keep it moisturised.

EMOLLIENTS

Hydrating substances are known as 'emollients'. They act to smooth, soften, hydrate and protect the skin. They also help prevent water loss by forming a barrier on the skin. They are available as ointments, creams, oils, lotions or sprays.

The podiatrist will advise you on the best type to use for your skin.

HOW TO APPLY?

It is recommended emollients should be applied immediately after washing or bathing to maximise the effect of skin hydration.

Emollient preparations contained in tubs should be removed with a clean spoon or spatula to reduce bacterial contamination of the emollients.

HOW OFTEN?

You should apply twice a day or more frequently if directed.

Emollients should be applied by massage into the skin, applying to all areas but **avoiding** between the toes.

Enough is never enough! The use of emollients should be continued when your condition improves to prevent the dry skin returning.