

Diomed[®]

DRY SKIN

Emollient

Please read all of this leaflet carefully before you start using this product.

Keep this leaflet. You may need to read it again.

Ask your pharmacist, nurse or doctor if you need more information or advice.

In this leaflet:

1. What Diomed Dry Skin Emollient is and what it is used for
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1. WHAT DIOMED DRY SKIN EMOLLIENT IS AND WHAT IT IS USED FOR

- Diomed Dry Skin Emollient is a highly moisturising and protective emollient gel for application to your skin.
- It helps treat dry or chapped skin conditions that may also be itchy, red and sore. Common examples include:
 - psoriasis (scaly, pink patches of skin), elderly pruritus (itchy skin due to ageing), ichthyosis (abnormal scaly skin), various forms of eczema, dermatitis and other dry skin disorders.
- **All age groups** can use Diomed Dry Skin Emollient, including infants.
- The **therapeutic ingredients** in this product are isopropyl myristate and liquid paraffin. These are known as **emollients**. The product helps to:
 - soften, moisturise and protect your skin by trapping moisture in the skin and restoring the normal protective function of the skin;
 - prevent the skin-drying and irritant effects that can be caused by washing and bathing and by the soaps, foaming additives and fragrances used in ordinary cleansing products.
- This product can be used in addition to any other emollients or treatments your pharmacist, nurse or doctor may have given or prescribed for you to treat your dry skin condition.

2. BEFORE YOU USE DIOMED DRY SKIN EMOLLIENT

Do not use Diomed Dry Skin Emollient if you are **allergic** (hypersensitive) to isopropyl myristate, liquid paraffin or any of the other ingredients listed in Section 6.

Using medicines

This product is not known to affect, or to be affected by, medicines.

Pregnancy and breast-feeding

This product can be used during pregnancy and while breast-feeding. The ingredients have been in widespread use in this and similar preparations for many years, without reports of problems. However, safety trials have not been conducted.

Important Safety Information

Paraffin is a common, important and very effective ingredient in emollient products applied to the skin. However, care should be taken as emollients which soak into medical dressings or fabrics (clothing, pyjamas, bed linen, etc.) can increase the flammability of these items.

Patients using emollients (and their parents/carers) should take particular care to avoid these materials coming into contact with naked flames or lit cigarettes, etc. As a precaution, dressings and clothing, etc., should be changed frequently and laundered thoroughly.

3. HOW TO USE DIOMED DRY SKIN EMOLLIENT

This product is only for application to the skin.

- Before using the 500 g pack, turn the top of the pump dispenser in the direction of the open arrow to unlock it. After unlocking for the first time, you will need to press down the pump dispenser several times to prime the pump before any gel is dispensed.

For maximum benefit you should:

- Apply Diomed Dry Skin Emollient to the affected areas of the skin on a regular basis and as often as required.
- Use a few gentle strokes to smooth the gel across the skin in the same direction as hair growth (like stroking a cat or dog). If necessary, allow time for any excess to soak in. Do not rub the skin vigorously.
- This product can **also be used before and after** washing, showering or having a bath to help condition the skin and stop it from drying further.
- If you are applying another treatment to the same areas of skin as Diomed Dry Skin Emollient, try to avoid mixing the two products. This can be achieved by applying the treatments alternately, leaving sufficient time to allow the previous application to soak in.

If you forget to use Diomed Dry Skin Emollient

Do not worry if you occasionally forget to use it, just carry on using the gel as described the next time you require it.

4. POSSIBLE SIDE EFFECTS

Diomed Dry Skin Emollient has been specially designed for use on dry or problem skin. However, in rare cases it can cause skin irritation (mild rashes) or allergic skin reactions on extremely sensitive skin. These rare effects tend to occur during or soon after the first few uses.

Stop using this gel and **tell** your pharmacist, nurse or doctor:

- if your skin condition seems to look or feel worse;
- if any of the side effects get serious, or you notice any other side effects not mentioned in this leaflet.

If this product is accidentally **swallowed**, its oily ingredients may cause diarrhoea. If this happens:

- treat the symptoms as you would deal with any case of diarrhoea;
- drink plenty of water;
- do not attempt to cause vomiting.

Reporting of side effects

If you get any side effects, talk to your pharmacist, nurse or doctor. This includes any possible side effects not listed in this leaflet. You can also report side effects to the Manufacturer (see Section 6 below). By reporting side effects you can help provide more information on the safety of this product.

5. HOW TO STORE THIS PRODUCT

- Keep out of the sight and reach of children.
- Do not use Diomed Dry Skin Emollient after the use-by date shown on the container. The use-by date refers to the last day of that month.
- Do not store above 25°C.
- Do not freeze the product.
- After using the 500 g pack, it is advisable to lock the pump by turning it in the direction of the stop arrow. In the case of the tube, replace the cap after use.
- Occasionally, in the 500 g pack a small pocket of air may form around the bottom end of the pump's dip tube, making it harder to pump the gel out. This may be resolved by tapping the base of the bottle firmly on a hard surface two or three times, so the gel can settle at the bottom around the end of the dip tube. The pump should then be pumped **slowly**.

6. FURTHER INFORMATION

What Diomed Dry Skin Emollient contains:

The **therapeutic ingredients** are **isopropyl myristate** and **liquid paraffin**.

The **other ingredients** are glycerol, carbomer, sorbitan laurate, trolamine, phenoxyethanol and purified water.

What Diomed Dry Skin Emollient looks like and contents of the pack

- The gel is available in a plastic tube containing 100 g or a plastic pump pack containing 500 g.
- The product has the appearance of a white gel. It contains no steroids, perfume, colourings, SLS, parabens or MI preservatives.



The Manufacturer is Diomed Developments Ltd, Hitchin, Herts, SG4 7QR, UK.

Distributed by DDD Ltd, Watford, Herts, WD18 7JJ, UK.

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7. GENERAL ADVICE ON LOOKING AFTER DRY SKIN CONDITIONS

- Emollients help soften, moisturise and protect the skin. They play a central role in the treatment and management of dry skin conditions. For maximum effect, they should be applied regularly and as often as needed, even when the skin appears normal.
- When bathing, try to use warm, not hot, water and avoid staying in the bath for long periods. This could make dry skin conditions worse.
- Try to avoid using normal soaps or bath additives (even those labelled "moisturising"). This is because they tend to dry and irritate the skin. Avoid using products containing fragrances, as these can also cause skin problems. You should try to use a fragrance-free emollient "soap substitute" instead. This type of product will not foam or lather but will be better for your dry skin condition.

Breaking the itch-scratch cycle

Some dry skin conditions like eczema and dermatitis are itchy and can be quite sore. Although scratching relieves the itching for a short while, it further damages the skin. Badly scratched skin easily gets infected. This makes it itchier and the urge to scratch becomes even greater. It is better if scratching can be avoided by reducing the itching. The regular use of emollients or moisturisers can help with this.



Consult Instructions for Use



Batch Code



Use-by Date



Manufacturer