

1 = Recommended GMMMG 1st Choice  
2 = Recommended GMMMG 2nd Choice

# EMOLLIENT LADDER

To be used in conjunction with the BNF, BNFc and the Tier Two Eczema and Psoriasis Guidelines (Available from the Intranet)

## Very Greasy

### GMMMG Formulary

- <sup>1</sup>Fifty:50 Ointment
- <sup>1</sup>Emulsifying Ointment
- <sup>1</sup>White Soft Paraffin
- <sup>2</sup>Zeroderm Ointment
- <sup>2</sup>Hydromol Ointment

### Alternative if formulary options unsuccessful / unsuitable

- QV Intensive Ointment
- Yellow Soft Paraffin
- Hydromol Ointment
- Epaderm Ointment
- Cetraben Ointment
- Diprobace Ointment



## Greasy

### GMMMG Formulary

- <sup>1</sup>Doublebase Gel

### Alternative if formulary options unsuccessful / unsuitable

- Doublebase Dayleve Gel
- Zeroguent Cream
- Unguentum M Cream
- Emollin Spray
- Neutrogena Dermatological Cream
- Skin Salvation Ointment
- Dermamist Spray

## Creamy

### GMMMG Formulary

- <sup>1</sup>E45 Cream
- <sup>1</sup>Oilatum Cream
- <sup>1</sup>Ultrabase Cream
- <sup>2</sup>Cetraben Cream
- <sup>2</sup>Diprobace Cream
- Antimicrobial (with chlorhexidine)
- <sup>1</sup>Dermol Cream (if skin infected)
- With Urea (for severely dry, scaling skin)
- <sup>1</sup>Imuderm Cream (Glycerin & 5% Urea)
- <sup>2</sup>Balneum Cream (Ceramide & 5% Urea)
- <sup>2</sup>Balneum Plus (5% urea)

### Alternative if formulary options unsuccessful / unsuitable

- Epaderm Cream
- Aquamax Cream
- QV Cream
- Zerobase Cream
- Aquamol
- Dexeryl Cream
- Zerocream
- Aveeno Cream
- Lipobase Cream
- With Humectants (longer lasting effect)
- Hydromol Cream (Sodium Pidolate)
- With Lauromacrogols (local anaesthetic)
- E45 Itch relief (5% urea)  
(Useful in persistent itch if topical steroid ineffective or not clinically indicated)
- With Urea (for severely dry, scaling skin)
- Dermatronics Cream (25%)
- Calmurid Cream (10%)
- Flexitol Cream (Heel balm) (25%)
- Flexitol Skin Balm (12.5%)
- Hydromol Intensive Cream (10%)
- Aquadrate Cream (10%)
- Eucerin Cream (10%)
- Nutraplus Cream (10%)
- Flexitol Cream (10%)

## Light

### GMMMG Formulary

- <sup>1</sup>QV Lotion
- <sup>1</sup>E45 Lotion
- <sup>2</sup>Cetraben Lotion
- <sup>2</sup>Diprobace Lotion
- Antimicrobial (with chlorhexidine)
- <sup>1</sup>Dermol 500 lotion (if skin infected)

### Alternative if formulary options unsuccessful / unsuitable

- Aveeno Lotion
- ZeroAQS Cream
- Aqueous Cream  
(No longer recommended)
- Antimicrobial (with \*chlorhexidine)
- Eczmol Cream
- With Urea (for severely dry, scaling skin)
- Eucerin lotion (10%)