

# St John's moisturiser trial pack

**This leaflet aims to answer your questions about using moisturisers to treat your/your child's dry skin condition. If you have any questions or concerns, please speak to a doctor or nurse caring for you.**

## What is the St John's moisturiser trial pack?

The St John's moisturiser trial pack contains the following selection of moisturising ointments and creams for you to try, so you can find one that suits your/your child's skin:

- Aquamax® cream
- Cetraben® cream
- Doublebase® gel
- Hydromol® ointment
- Zerocream® ointment
- White Soft Paraffin/Liquid Paraffin (50:50 ointment)

## How do I use the moisturiser pack?

You should use one moisturiser at a time. Apply the first moisturiser to your face, neck, trunk and limbs once a day for three consecutive days. Allocate the moisturiser a score depending on how beneficial you found it for your skin on a scale of 1 to 5 (the higher the score, the better you feel the moisturiser is for your skin) and make a note of this on the chart at the end of the leaflet. Repeat this process for each of the moisturisers in turn.

To prevent blockage of hair follicles, you should apply the moisturiser in downward strokes following the direction of the hair rather than rubbing it into the skin.

You may find that there is more than one moisturiser which is particularly effective and that using a combination of two products at different times of day will suit you best. You may also prefer to use a different moisturiser on the face and neck to the one you use on the body and limbs.

Ointments are greasy and are not absorbed into the skin but form an occlusive (air-tight and water-proof) layer that prevents water evaporating from the skin.

Creams feel less greasy, spread well and can be washed off easily. However they are less occlusive than ointments and therefore allow less water to be absorbed into the skin.

## Are there any side effects?

Very rarely, some patients may experience sensitisation to ingredients contained within the moisturiser. This may result in irritation of your skin, including redness, stinging, itching or discomfort, following application. If you/your child experience this or any other adverse effects (including a rash) then you should stop using the moisturiser and contact your GP. If you experience any problems with any of the moisturisers then please make a note of this on the chart.

## Is there anything else I need to know?

All moisturisers are flammable, and should be stored at room temperature away from sources of heat, naked flames and cigarettes. They should be kept out of reach of children and animals.

## How do I get further supplies of the moisturiser?

All the moisturisers included in this pack can be bought over the counter (without a prescription) from your local pharmacy.

### Contact us

If you have any questions or concerns about your trial pack, please speak to your doctor or pharmacist. Alternatively you can call **Pharmacy Medicines Helpline** (if you are seen at Guy's or St Thomas' hospital) **Evelina London Medicines Helpline** (if you/your child are seen at the Evelina London Hospital). Contact details are given below.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

**t:** 020 7188 3003 10am to 5pm, Monday to Friday      **e:** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)      **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)  
**t:** 020 7188 3514 (complaints)      **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815      **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

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## St John's moisturiser trial pack diary

Please try each product for 3 days and complete this form to help you recall what you like or dislike about each product. You can then obtain your preferred moisturiser(s) by GP prescription or purchase from a pharmacy.

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|------------------------------|-----------------|
| <b>Aquamax® cream</b>        | <b>Comments</b> |
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|                              |                 |
| <b>Cetraben® cream</b>       | <b>Comments</b> |
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| <b>Doublebase® gel</b>       | <b>Comments</b> |
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| <b>Hydromol® ointment</b>    | <b>Comments</b> |
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| <b>Zerocream® ointment</b>   | <b>Comments</b> |
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| <b>WSP/LP 50:50 ointment</b> | <b>Comments</b> |
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**I have tried all of the moisturisers and my moisturiser of choice is:**