



USING LEAVE-ON EMOLLIENTS AS SOAP SUBSTITUTES / BATH EMOLLIENTS

Suitable leave-on emollients can be used as a soap substitute or body wash when handwashing, showering or in the bath.



STEP 1

Mix around a teaspoonful of the emollient in the palm of the hand with a little warm water.

If the emollient is in a tub, use a clean spoon or spatula to remove.



STEP 2

Spread over damp or dry skin. If water stings the skin, the leave-on emollient can be applied before getting into the bath or shower.



STEP 3

Rinse and then pat the skin dry gently with a soft towel, being careful not to rub it.



Most leave-on ointments can also be used as a bath additive.

Simply mix the ointment into some warm water in a suitable container first and then add to the bath water.



Emollients do not foam or form bubbles like normal soap but are still effective at cleaning the skin.

Continue to use a leave-on emollient regularly. Remember to apply it after washing, showering or bathing.



Emollients used in the bath or shower can make surfaces slippery.

Avoid contact with the eyes.

Bedding, towels and clothing with emollient dried on can catch fire easily.



For further information on emollients, visit
<https://www.nhs.uk/tests-and-treatments/emollients/>
Alternatively, you can scan the QR code