

FLEXITOL®**Dry skin on soles of feet and heels**

- ▶ TO THE SKIN
- ▶ Child 12–17 years: Apply 1–2 times a day

HYDROMOL® INTENSIVE**Dry, scaling, and itching skin**

- ▶ TO THE SKIN
- ▶ Child: Apply twice daily, to be applied thinly

IMUDERM® EMOLLIENT**Dry skin conditions including eczema, psoriasis or dermatitis**

- ▶ TO THE SKIN
- ▶ Child: Apply to skin or use as a soap substitute

NUTRAPLUS®**Dry, scaling, and itching skin**

- ▶ TO THE SKIN
- ▶ Child: Apply 2–3 times a day

IMPORTANT SAFETY INFORMATION

MHRA/CHM ADVICE (UPDATED DECEMBER 2018): EMOLLIENTS: NEW INFORMATION ABOUT RISK OF SEVERE AND FATAL BURNS WITH PARAFFIN-CONTAINING AND PARAFFIN-FREE EMOLLIENTS See Emollient and barrier preparations p. 765.

- **DIRECTIONS FOR ADMINISTRATION** 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 emollient. Emollients should be applied in the direction of hair growth to reduce the risk of folliculitis.

- **MEDICINAL FORMS** There can be variation in the licensing of different medicines containing the same drug.

Cream**CAUTIONARY AND ADVISORY LABELS 15**

EXCIPIENTS: May contain Benzyl alcohol, cetostearyl alcohol (including cetyl and stearyl alcohol), hydroxybenzoates (parabens), isopropyl palmitate, polysorbates, propylene glycol, woolfat and related substances (including lanolin)

- ▶ **Aquadrate** (Alliance Pharmaceuticals Ltd)
Urea 100 mg per 1 gram Aquadrate 10% cream | 30 gram £1.64 | 100 gram £4.45
- ▶ **Balneum** (Almirall Ltd)
Balneum cream | 50 gram £2.85 | 500 gram £9.97
- ▶ **Balneum Plus** (Almirall Ltd)
Lauroamcrogols 30 mg per 1 gram, Urea 50 mg per 1 gram Balneum Plus cream | 100 gram [GSL] £3.29 DT = £4.28 | 500 gram [GSL] £14.99 DT = £14.99
- ▶ **E45 Itch Relief** (Forum Health Products Ltd)
Lauroamcrogols 30 mg per 1 gram, Urea 50 mg per 1 gram E45 Itch Relief cream | 50 gram [GSL] £2.81 DT = £2.81 | 100 gram [GSL] £4.28 DT = £4.28 | 500 gram [GSL] £14.99 DT = £14.99
- ▶ **Eucerin Intensive** (Beiersdorf UK Ltd)
Urea 100 mg per 1 gram Eucerin Intensive 10% cream | 100 ml [GSL] £7.59
- ▶ **Hydromol Intensive** (Alliance Pharmaceuticals Ltd)
Urea 100 mg per 1 gram Hydromol Intensive 10% cream | 30 gram £1.67 | 100 gram £4.45
- ▶ **imuDERM emollient** (CliniSupplies Ltd)
imuDERM emollient | 500 gram £6.62
- ▶ **Nutraplus** (Galderma (UK) Ltd)
Urea 100 mg per 1 gram Nutraplus 10% cream | 100 gram [P] £4.37

Liquid**CAUTIONARY AND ADVISORY LABELS 15**

EXCIPIENTS: May contain Benzyl alcohol, isopropyl palmitate

- ▶ **Eucerin Intensive** (Beiersdorf UK Ltd)
Urea 100 mg per 1 gram Eucerin Intensive 10% lotion | 250 ml [GSL] £7.93 DT = £7.93

Balm**CAUTIONARY AND ADVISORY LABELS 15**

EXCIPIENTS: May contain Beeswax, benzyl alcohol, cetostearyl alcohol (including cetyl and stearyl alcohol), fragrances, lanolin

- ▶ **Dermatonics Once** (Dermatonics Ltd)
Dermatonics Once Heel Balm | 75 ml £3.60 | 200 ml £8.50
- ▶ **Flexitol** (Thornton & Ross Ltd)
Flexitol 25% Urea Heel Balm | 40 gram £2.75 | 75 gram £3.80 | 200 gram £9.40 | 500 gram £14.75

2 Infections of the skin

Skin infections

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Antibacterial preparations for the skin

Topical antibacterial preparations are used to treat localised bacterial skin infections caused by Gram-positive organisms (particularly by staphylococci or streptococci). Systemic antibacterial treatment is more appropriate for deep-seated skin infections.

Problems associated with the use of topical antibacterials include bacterial resistance, contact sensitisation, and superinfection. In order to minimise the development of resistance, antibacterials used systemically (e.g. fusidic acid p. 387) should not generally be chosen for topical use. *Resistant organisms* are more common in hospitals, and whenever possible swabs should be taken for bacteriological examination before beginning treatment.

Neomycin sulfate p. 774 applied topically may cause sensitisation and cross-sensitivity with other aminoglycoside antibacterials such as gentamicin p. 333 may occur. Topical antibacterials applied over large areas can cause systemic toxicity; ototoxicity with neomycin sulfate is a particular risk for neonates and children with renal impairment.

Superficial bacterial infection of the skin may be treated with a topical antiseptic such as povidone-iodine p. 813 which also softens crusts, or hydrogen peroxide 1% cream p. 814.

Bacterial infections such as *folliculitis* can be treated with a short course of topical fusidic acid; mupirocin p. 776 should be used only to treat meticillin-resistant *Staphylococcus aureus*.

Impetigo requires topical antiseptic/antibacterial or systemic antibacterial treatment, see Skin infections, antibacterial therapy p. 329.

Cellulitis and *erysipelas* require systemic antibacterial treatment, see Skin infections, antibacterial therapy p. 329.

Staphylococcal scalded-skin syndrome requires urgent treatment with a systemic antibacterial, such as flucloxacillin p. 373.

Mupirocin is not related to any other antibacterial in use; it is effective for skin infections, particularly those due to Gram-positive organisms but it is not indicated for pseudomonal infection. Although *Staphylococcus aureus* strains with low-level resistance to mupirocin are emerging, it is generally useful in infections resistant to other antibacterials. To avoid the development of resistance, mupirocin or fusidic acid should not be used for longer than 10 days and local microbiology advice should be sought before using it in hospital. In the presence of mupirocin-resistant MRSA infection, a topical antiseptic, such as povidone-iodine, chlorhexidine p. 813, or alcohol, can be used; their use should be discussed with the local microbiologist.

Mupirocin ointment contains macrogols; extensive absorption of macrogols through the mucous membranes or through application to thin or damaged skin may result in renal toxicity, especially in neonates. Mupirocin nasal ointment is formulated in a paraffin base and may be more suitable for the treatment of MRSA-infected open wound in neonates.

Metronidazole p. 775 gel is used topically in children to reduce the odour associated with anaerobic infections and