

Nationally GPs are being asked to review what their patients are getting on prescription. NHS West Suffolk Clinical Commissioning Group is supporting your GP in making these decisions.

In the near future, moisturisers will not be available on prescription unless there is a medical need. You will need to buy your own.

If you have any queries or concerns, please contact:  
The Patient Advice and Liaison Service  
Rushbrook House  
Paper Mill Lane  
Bramford  
Ipswich  
Suffolk  
IP8 4DE

Tel: 0800 389 6819

Email: [pals@suffolkpct.nhs.uk](mailto:pals@suffolkpct.nhs.uk)



# How to look after dry skin



Produced by the Medicines Management  
Team

September 2012

## What causes dry skin?

- As you get older skin becomes drier



- Some medical conditions such as hypothyroidism, diabetes
- Some medications
- Very frequent contact with water e.g. frequent hand washing
- Water in bath or shower too hot



- Central heating on too high e.g. over 20°C in the winter.
- Excessive over washing with soap products containing sodium lauryl sulphate which strips the skin of natural moisturising factor.
- Air conditioning
- Not rinsing soap off properly
- Weather



## What you can do

- Wear rubber gloves when washing up
- Don't have the heating too high
- Use tepid water when bathing/showering
- Moisturise after shaving



### Self Care

Where it is reasonable for self-care, patients are being asked to buy low-cost lotions, creams and ointments for dry skin.



Most people have such preparations in their own home and they are widely available to buy. However, rest assured that where they are needed to treat a long term medical condition a GP will continue to prescribe them. It is better to wear layers of clothing as they trap air in between which warms up the body.

## How to use your moisturiser

- Apply lightly following the direction of the hairs
- Don't apply too much at a time – a thin, even layer is best
- Don't rub in – rubbing in blocks hair follicles and generates heat which leads to itch
- Use regularly at least twice a day
- Re-apply every time after washing hands

