

Self Care Briefing for Clinicians: Mild Dry Skin

Summary

Dry skin is a minor condition that can be treated without the need for a GP consultation or prescription in the first instance. It can easily be treated with simple over-the-counter moisturisers.

Recommendations for clinicians

- Provide the patient with a 'non-prescription' sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self care when appropriate.
- Advise patients of safe and effective self care measures.
 - Emollients are best applied after washing your hands, taking a bath or showering because this is when the skin most needs moisture. Apply emollients liberally (see [nhs.uk emollients](https://www.nhs.uk/emollients)).
 - Moisturise three to four times a day.
 - Use warm water and limit bath time.
 - Avoid harsh, drying soaps.
- Advise patients to seek medical attention and consider treatment with a prescription in the following circumstances:
 - Dry skin is accompanied by redness.
 - Dryness and itching interfere with sleeping.
 - Open sores or infection from scratching.
 - Large areas of scaling or peeling skin.

Examples of over-the-counter products available to buy

Please advise patients that suggested prices are, a guide, correct at the time of writing and are subject to change.

- QV® Skin Lotion: £3.19 for 250ml.
- Diprobase® Lotion: £3.49 for 300ml.
- E45®: £2.35 for 50g: Not licensed for children under 1 month old.
- ZeroAQS® Emollient Cream: £3.29 for 500g.
- Zerobase® Cream: £1.04 for 50g.
- AproDerm® Emollient Cream: £1.70 for 50g.
- Zeroguent® Emollient Cream: £2.33 for 100g.
- Epimax® Cream: £0.75 for 100g.

Further information

- [Selfcare forum](#)
- [NHS.uk](#)
- [Patient UK](#)

Document History

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