



Lymphoedema Network
Northern Ireland

How to use your emollient

Wash

- Wash your skin daily using your emollient or non perfumed soap



Dry

- Pat your skin dry gently
- Dry between the toes and any crevices



Re
Apply

- Apply your emollient finishing with a downward stroke
- Allow to dry for 10 mins



Do's and Don'ts!

DO	DON'T
Apply your emollient frequently	Put fingers into tubs of emollient
Wash your hands before applying your emollient	Stop using emollients when your condition improves
Apply to skin, finishing with downward strokes to prevent clogging the hair follicles	Rub your skin vigorously

Take Care



- **Many emollients contain paraffin. Take care around open flames, smokers, or other ignition sources**
- **Wash bedding and clothing regularly to prevent a build up of emollient**
- **Showers and baths become slippery when using emollients**

