

Brecon Medical Group Practice

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Brecon Medical Group Practice has been reviewing all patients prescribed bath and shower preparations on the advice of the Powys Teaching Health Board.

Reliable studies show that using emollient shower gels and pour-in bath additives is not as effective for managing skin symptoms as originally hoped, therefore their recommendation has been withdrawn. Evidence now suggests that leave-on emollients used as soap substitutes are more effective at managing your symptoms. You can use soap substitutes for handwashing, showering or add them to bath water. Emollients do not foam like a normal soap but are just as effective at cleaning the skin. It is still important to moisturise regularly with leave-on emollients and avoid soap in addition to patting the skin dry after washing, rather than rubbing.

If you currently have a moisturising bath oil or shower preparation on your repeat prescription, this will be removed. If you have an emollient already on repeat prescription, then you can use this to replace the bath and shower preparation. If you do not have an emollient on your repeat prescription, then Epimax Ointment or Epimax Excetra Cream will be added as an alternative.

How to use Epimax Ointment in the bath:

To use as a bath additive, melt about 4g (the size of a £2 coin) in hot water and add to the bath. Care should be taken as this can make the bath slippery.

Epimax Excetra Cream:

This can be used as a skin cleanser or a soap substitute in a similar way to liquid soaps. Use as required instead of soap when washing hands, in the bath, or showering.

Full details are available on the Epimax website: www.epimax.co.uk

For any queries or concerns please contact the Red Kite pharmacy team by contacting the practice on 01874 622121 and ask to speak to a member of the Red Kite pharmacy team.

Yours sincerely,

Red Kite Pharmacy Team
Working on behalf of Brecon Medical Practice