

# Emulsifying Ointment

Medication Information Leaflet

## What is this medication for?

It is used as a moisturiser or soap substitute for washing (other soaps may dry out the skin). It leaves a thin film of ointment on the skin to prevent water loss.

## How should I take/use this medication?

If your doctor has prescribed this for you as a:

- **Moisturiser:**

Apply or massage gently in a downward direction (in the direction of hair growth) to the affected areas at least 2 times a day or as instructed by your doctor. A good time to apply the ointment is within 5 to 10 minutes after your bath, while your skin is still moist. This helps to seal in the moisture more effectively and prevents your skin from losing too much water.

- **Bar soap substitute:**

Wet the body. Rub some emulsifying ointment with water between your palms until it lathers, then apply it to the entire body in a downward direction (in the direction of hair growth). Avoid use on your face and scalp, unless directed by your doctor. Wash off with water and gently pat your skin dry with a soft towel.

- **Liquid soap substitute:**

Scoop a spoonful into a container. Add some hot tap water and stir until the ointment melts and is well mixed. Add some cold tap water to cool it. Apply to the entire body, except your face and scalp. Wash off with water and gently pat your skin dry with a soft towel.

## What precautions should I take?

- Inform your healthcare professional if you are allergic to any ingredients of this medication
- It may not be suitable for the face or scalp, as it may be too oily.
- You should be extra careful after using this ointment in the bath, as the ointment may make the floor oily and slippery.

## **What are some rare but serious side-effects that I need to seek medical advice immediately?**

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

## **How should I store this medication?**

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

## **How should I throw away this medication safely?**

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

### **Disclaimers**

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

*This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.*

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