



Cut along the lines

# HOW SHOULD YOU APPLY YOUR EMOLLENT?



## Why use it?

It's the essential basis for the daily treatment of atopic eczema.

It helps to scratch less and to space out flare-ups!

It hydrates, nourishes and repairs the skin!

## WHEN?



Every day!



After the shower



Make applying it a moment of pleasure!



Wait 10 min before getting dressed

## WHERE?

**Important:** Do not apply the emollient on red and oozing plaques, it may aggravate inflammation. When not experiencing flare-ups, hydrate the whole body.



**Top tip:** Adapt the texture of the emollient according to your preferences, the condition of your skin and the season.

**Topical treatment** on red plaques

**An emollient** should be applied to dry skin

## HOW?



Wash your hands



Warm the cream in your hands



Spread in circles, without rubbing



Ask someone to help you with your back

## WHAT QUANTITY?

**Don't be afraid to be generous, your skin absorbs the emollient very quickly!** Apply enough cream to avoid the feeling of tightness, but not so much that you end up with stickiness that might interfere with getting dressed.



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Cut along the lines

# HOW SHOULD YOU APPLY YOUR TOPICAL CORTISONE TREATMENT?



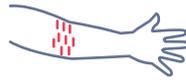
## Why use it?

It is an anti-inflammatory treatment

To reduce plaques

To calm flare-ups

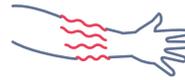
## WHEN TO START?



As soon as it's red



As soon as it itches



As soon as the skin is raised

## WHEN TO STOP?

When the skin returns to normal:

It is no longer red

It doesn't itch anymore

It is smooth again

## WHAT QUANTITY?



One fingertip unit represents an amount of cream equivalent to the length from the distal skin-crease to the tip of the index finger. It can be used to treat an area the size of two adult palms.

## HOW?



Wash your hands



Take a fingertip unit



Apply liberally to the red plaques, leaving a little around the edges. Spread with the palm of the hand.

## IMPORTANT INFORMATION

- Comply with your medical prescription.
- There are textures adapted to the location of the eczema: ask your doctor for advice.
- It may take several weeks for skin to return to normal.
- Continue applying the emollient continuously as explained overleaf.



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