



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?



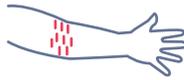
Why use it?

It is an anti-inflammatory treatment

To reduce plaques

To calm flare-ups

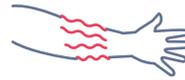
WHEN TO START?



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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