

BNF CHAPTER 13: SKIN

13.2 EMOLLIENT AND BARRIER PREPARATIONS

Emollient creams and gels

- ZeroAQS cream
- Doublebase gel
- Cetraben cream
- Doublebase dayleve gel
- Diprobase cream
- Hydromol cream
- Aveeno cream

low cost



high cost

Emollient ointments

- Emulsifying ointment
- Hydromol ointment
- 50:50 WSP/Liquid paraffin ointment
- Diprobase ointment (excipient free)

low cost



high cost

Emollients with urea

- Balneum 5% urea cream
- Balneum Plus 5% urea cream
- Hydromol intensive 10% urea cream
- Eucerin intensive 10% urea cream

low cost

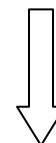


high cost

Emollient bath / shower preparations

- LPL 63.4 bath additive
- Hydromol bath / shower emollient
- Cetraben bath additive
- Aveeno bath oil

low cost



high cost

Emollients with antimicrobials

- Dermol 500 lotion
- Dermol cream

Emollient bath / shower preparations with antimicrobials

Joint Formulary – Skin

Approved by Area Prescribing Committee: N/A

Review by: March 2020

- Dermal 600 bath emollient for infected eczema
- Dermal 200 shower emollient
- Oilatum Plus bath additive

Barrier

- Conotrane
- Zinc & Castor oil cream

13.3 TOPICAL LOCAL ANAESTHETICS and ANTIPRURITICS

- Eurax (crotamiton) 10% cream
- Menthol in aqueous cream 1% cream

13.4 TOPICAL CORTICOSTEROIDS

When topical corticosteroids are used for atopic dermatitis (eczema) they should be prescribed for ONCE or at most, TWICE daily administration ([NICE Technology Appraisal No 81](#)).

Mild

- **Hydrocortisone** 1%, 2.5% cream
1%, 2.5% ointment

Moderately potent

- **Betnovate-RD** (betamethasone valerate) 0.025% cream
0.025% ointment
- **Eumovate** (clobetasone butyrate) 0.05% cream
0.05% ointment
- **Haelan** (fludroxycortide flurandrenolone) 4 micrograms/cm² tape
- **Synalar 1 in 4 dilution** (fluocinolone acetonide) 0.00625% cream
0.00625% ointment

Potent

- **Betnovate** (betamethasone valerate) 0.1% cream
0.1% ointment
0.1% scalp application
- **Bettamousse** (betamethasone valerate) 0.1% foam scalp application
- **Cutivate** (fluticasone propionate) 0.05% cream
0.05% ointment
- **Elocon** (mometasone furoate) 0.1% cream
0.1% ointment
0.1% lotion
- **Locoid** (hydrocortisone butyrate) 0.1% Lipocream
0.1% ointment
- **Synalar** (fluocinolone acetonide) 0.025% cream
0.025% ointment
0.025% gel

Very potent

- **Dermovate** (clobetasol propionate) 0.05% cream
0.05% ointment
- **Etrivex** (clobetasol propionate) 0.05% scalp application
- **Nerisone Forte** (diflucortolone valerate) 0.05% shampoo
0.3% oily cream
0.3% ointment

TOPICAL CORTICOSTEROIDS WITH ANTI-INFECTIVES

Mild

- **Canesten HC** Cream
(hydrocortisone 1% & clotrimazole 1%)
- **Daktacort** Cream
(hydrocortisone 1% & miconazole 2%)
Ointment
- **Fucidin H** Cream (for short term use – 2 weeks max)
(hydrocortisone 1%, sodium fusidate 2%)
- **Timodine** Cream
(hydrocortisone 0.5% & nystatin 100,000 units/g)

Moderately potent

- **Trimovate** Cream
(clobetasone 0.05% & oxytetracycline 3%
& nystatin 100,000 units/g)

Potent

- **Fucibet** Cream (for short term use – 2 weeks max)
(betamethasone 0.1% & fusidic acid 2%)
- **Lotriderm** Cream
(betamethasone 0.5% & clotrimazole 1%)
- **Synalar C** Cream
(fluocinolone 0.025% & clioquinol 3%)
Ointment

TOPICAL CORTICOSTEROIDS WITH SALICYLIC ACID

- **Diprosalic**

(betamethasone 0.05% & salicylic acid 3%) Ointment
(betamethasone 0.05% & salicylic acid 2%) Scalp application

13.5 PREPARATIONS FOR ECZEMA AND PSORIASIS

13.5.1 PREPARATIONS FOR ECZEMA

Oral retinoids for eczema

- **Alitretinoin** For severe chronic hand eczema as per [NICE TA177](#)

13.5.2 PREPARATIONS FOR PSORIASIS

Vitamin D and analogues

- **Calcipotriol** 50 micrograms/g ointment
50 micrograms/ml scalp solution
- **Dovobet** Ointment as one month “pulse” treatment
(calcipotriol + betamethasone) Gel as one month “pulse” treatment
- **Enstilar** (calcipotriol + betamethasone) Cutaneous Foam
- **Silkis** (calcitriol) Ointment
- **Curatoderm** (tacalcitol) ointment
lotion

Tars

- **Exorex** (prepared coal tar 1%) Lotion
- **Coal tar solution 12%, salicylic acid 2% in emulsifying ointment** 500g

Dithranol

- **Dithrocream** 0.1%, 0.25%, 0.5%, 1%, 2% cream
Short contact treatment, avoid face and flexures
- **Micanol** 1%, 3% cream
- **Dithranol in Lassar's paste** 0.1%, 0.25%, 0.5% **(MLS)**
Will be prepared on demand and consequently there will be a delay (COCH)

Oral retinoids for psoriasis

- **Acitretin** 10mg, 25mg capsules (Hospital only)

13.5.3 DRUGS AFFECTING THE IMMUNE RESPONSE

Please note shared care documents for DMARD use in dermatology will be available on the Shared Care section of the West Cheshire CCG Medicines Management website.

- **Pimecrolimus** 1% cream
- **Tacrolimus** 0.03%, 0.1% ointment
(See [NICE TA82](#) for NICE guidance on the use of tacrolimus and pimecrolimus for atopic eczema)
- **Methotrexate** 2.5mg tabs only
See section 10.1.3 for guidance on methotrexate prescribing
- **Ciclosporin**
- **Apremilast** to be used in line with [NICE TA419](#)

Cytokine modulators

- **Adalimumab** as per [NICE TA146 guidance](#)
- **Etanercept** as per [NICE TA103 guidance](#)
- **Infliximab** as per [NICE TA134 guidance](#)
- **Ustekinumab** as per [NICE TA180 guidance](#)
- **Ixekizumab** as per [NICE TA442 guidance](#)
- **Risankizumab** as per [NICE TA596 guidance](#)

13.6 ACNE AND ROSACEA

13.6.1 TOPICAL PREPARATIONS FOR ACNE

- **Benzoyl peroxide 4% cream** (Brevoxyl)
- **Benzoyl peroxide 5% gel** (Acnecide)
- **Benzoyl peroxide 3% and clindamycin 1% gel** (Duac 3)
- **Benzoyl peroxide 5% and clindamycin 1% gel** (Duac 5)
- **Azelaic acid 20% cream** (Skinoren)
- **Adapalene 0.1% cream or gel** (Differin)
- **Adapalene 0.1% and benzoyl peroxide 2.5% gel** (Epiduo)

13.6.2 ORAL PREPARATIONS FOR ACNE

Oral retinoids for acne

- **Isotretinoin** 5mg, 20mg capsules (Hosp only)
Only to be prescribed by or under the supervision of a consultant dermatologist.

Oral Antibacterials (N.B. Tetracyclines not to be used in the under 12s)

- **Lymecycline 408mg**
- **Doxycycline**
- **Erythromycin** – if pregnant, however widespread resistance
- **Trimethoprim**

13.6.3 TOPICAL PREPARATIONS FOR ROSACEA

For further information see: www.bad.org.uk.

Mild Papulo-pustular Rosacea

General measures: Emollients (see section 13.2 above)

- **Azelaic acid 15% gel** (Finacea)
- **Metronidazole 0.75% cream** (Rozex) – prescribe by brand
- **Metronidazole 0.75% gel** (Rozex) – prescribe by brand
- **Ivermectin 10mg/g cream** (Soolantra) – 2nd line to topical metronidazole

Initially 12 weeks' treatment then review (unless adverse effects)

Moderate to severe Papulo-Pustular Rosacea

Topical as above.

Oral Antibacterials (N.B. Tetracyclines not to be used in the under 12s) – 3 month course

- **Lymecycline 408mg**
- **Doxycycline**
- **Erythromycin** – if pregnant, however widespread resistance

If unresponsive or Ocular Rosacea: Referral to intermediate tier or secondary care

Predominantly Erythematotelangiectatic Rosacea

For patients with moderate to severe persistent erythema of rosacea that is causing psychological or social distress.

Brimonidine tartrate gel (Mirvaso)

(Amber - initiated by secondary care or Intermediate tier dermatology team)

In [November 2016 Drug Safety Update](#), the MHRA issued guidance on the use of brimonidine for rosacea. Some patients may have exacerbation or rebound symptoms of rosacea. It is important to initiate treatment with a small amount of gel and increase the dose gradually, based on tolerability and treatment response.

13.7 PREPARATIONS FOR WARTS AND CALLUSES

- **Salicylic acid** (Occusal) 26% cutaneous solution
- **Salicylic acid** (Verrugon) 50% ointment

Genital warts

- **Imiquimod** 5% cream

13.8 SUNSCREENS AND CAMOUFLAGES

Sunscreens

- **Anthelios XL SPF 50 cream**
- **Sunsense Ultra SPF 60 lotion**
- **Dundee reflectant sunscreen** Named patient basis only

Sunscreens are Borderline Substances For use in the following circumstances: Protection from UV radiation in abnormal cutaneous photosensitivity resulting from genetic disorders or photodermatoses, including vitiligo and those resulting from radiotherapy; chronic or recurrent herpes simplex labialis.

Photodamage – see [Actinic keratosis](#) prescribing guidelines

- **Fluorouracil** (Efudix) 5% cream (1st line)
- **Ingenol mebutate** (Picato) 150mcg/g gel - face & scalp (2nd line)
- **Ingenol mebutate** (Picato) 500mcg/g gel - trunk & extremities (2nd line)
(For patient specific information please refer to [patient information leaflet](#)).
- **Fluorouracil / salicylic acid** (Actikerall) 0.5% / 10% solution
Hyperkeratotic actinic keratosis
- **Imiquimod** (Aldara) 5% cream
- **Depigmentation lotion / retinoic acid** Specialist dermatology line only

13.9 SHAMPOOS AND OTHER PREPARATIONS FOR HAIR AND SCALP CONDITIONS

- **Capasal** Shampoo
(coal tar 1%, coconut oil 1%, salicylic acid 0.5%)
- **Polytar** Liquid
- **Ketoconazole** Shampoo 2%
- **Sebco/Cocois** Scalp ointment
- **Eflornithine** 11.5% cream
(for facial hirsutism in women)
- **Selsun** (selenium) Shampoo

13.10 ANTI-INFECTIVE SKIN PREPARATIONS

13.10.1 ANTIBACTERIAL PREPARATIONS

- **Bactroban** (mupirocin) 2% ointment - Reserve for MRSA infections. Maximum of 5 days at a time to reduce drug resistance.
- **Flamazine** (silver sulfadiazine) Cream
- **Fucidin** (sodium fusidate) 2% ointment - limit use to maximum of 2 weeks at a time to reduce drug resistance

13.10.2 ANTIFUNGAL PREPARATIONS

- **Clotrimazole** 1% cream
Spray
- **Ketoconazole** 2% cream
- **Terbinafine** 1% cream

13.10.3 ANTIVIRAL PREPARATIONS

- **Aciclovir** 5% cream

13.10.4 PARASITICIDAL PREPARATIONS

Management of scabies

- Seek the advice of the Consultant Dermatologists regarding diagnosis and treatment recommendations and the advice of the Specialist Nurse-Control of Infection regarding isolation procedures.
- Skin-to-skin contact of several minutes duration is needed for the disease to be caught.
- Patients should apply the scabicide thinly over the entire body paying particular attention to under the fingers and toe nails, the soles of the feet and the webs of fingers and toes.
- Scabicides should be applied to cool, dry skin. It is not necessary to have a bath prior to application. See data sheet for application advice.
- Lyclear Dermal cream is indicated for children from 2 months of age. Derbac-M is indicated for children from six months of age.
- All staff who have had skin-to-skin contact of several minutes duration with the affected individual should be treated on the same day with the current treatment recommendation.

- **Derbac-M** (malathion) 0.5% liquid
- **Lyclear** (permethrin) 5% dermal cream

Management of headlice

- **Bug Buster Kit** For primary care prescribing
- **Hedrin** (dimeticone) 4% lotion

13.11 DISINFECTANTS AND CLEANSERS

13.11.6 ASTRINGENTS, OXIDISERS AND DYES

- **Hydrogen peroxide 1%** (Crystacide) 1% Cream
- **Potassium permanganate** 400mg solution tablets

Dissolve 1 tablet in 500mL of very hot water in a jug. Stir once or twice to aid dissolution. Whilst the tablet is dissolving place 3.4L (6 pints) of warm water in the container to be used for the soak or bath. When the tablet has dissolved add the concentrated solution into the container of warm water. Take care to avoid spillage. This gives approximately a 1 in 10,000 solution. If a larger volume or different strength solution is required contact the Pharmacy Department for advice.

13.12 ANTIPERSPIRANTS

- **Aluminium chloride hexahydrate** 20% application
- **Glycopyrrolate** 0.005% external solution
(specialist dermatology line)