

## INSTRUCTIONS FOR USE

# Exocream™

**White soft paraffin 14.5% w/w**  
**Liquid paraffin 12.6% w/w**  
**Anhydrous lanolin 1.0% w/w**

Read all of this leaflet carefully before you start using **Exocream**.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- If **Exocream** has been prescribed to you, do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects become serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

### In this leaflet:

- What is **Exocream** and what is it used for
- Before you use **Exocream**
- How to use **Exocream**
- Possible side effects
- How to store **Exocream**
- Further information
- General advice on looking after dry skin conditions

## 1. What is **Exocream** and what is it used for

**Exocream** is designed to be applied on your skin, it helps relieve dry skin.

Common examples include:

- Eczema (dry itchy skin which may be red and inflamed)
- Contact Dermatitis (dry itchy skin caused by irritation)
- Psoriasis (dry skin marked with red, scaly and itchy patches)

**Exocream** is a simple emollient cream that is suitable for all ages including infants.

The application of emollient rehydrates dry skin and helps to:

- Soften, moisturise and protect the skin by retaining moisture and restoring its normal protective function.
- Prevent the skin from drying out and acts as a barrier to irritants caused by the application of soaps, foaming additives and fragrances used in ordinary cleansing products.

**ExoCream** contains Anhydrous lanolin, White soft paraffin and Liquid paraffin. These ingredients have been used extensively in similar emollients for dry skin conditions.

This product can be used in addition to any other emollients or treatments your doctor, pharmacist or nurse may have given you or prescribed to you to treat your dry skin condition.

## 2. Before you use **Exocream**

Do not use **ExoCream** if you are allergic (sensitive) to Anhydrous lanolin, White soft paraffin, Liquid paraffin or any of the other ingredients of **ExoCream**.

### Warnings and precautions

Do not smoke or go near naked flames - risk of severe burns. Fabric (clothing, bedding, dressings etc) that has been in contact with this product burns more easily and is a serious fire hazard. Washing clothing and bedding may reduce product build-up but not totally remove it.

### Using with other medicines

This product is not known to affect, or to be affected by other medicines.

### Pregnancy and breast-feeding

This product can be used during pregnancy and whilst breast-feeding. The ingredients have been in widespread use in this and similar preparations for many years, without any report of problems. However, safety trials have not been conducted in pregnancy.

## 3. How to use **Exocream**

This product should only be applied to the skin. For maximum benefit you should apply the cream to the affected area on a regular basis and as often as required.

- Before using the 500ml pack, follow the directions on the label to unlock the pump. After unlocking, you will need to press down the pump dispenser several times to prime the pump before any product is dispensed.
- Before using the 125g and 350g tubs, check that the tub seal is intact.
- In the case of the 50g tube, ensure that the tube seal is intact.

- Apply **ExoCream** to the affected areas of the skin on a regular basis and as often as required.
- Use a few gentle strokes to smooth the cream across the skin in the same direction as hair growth. If necessary allow time for any excess cream to soak into the skin.
- Do not rub vigorously into the skin.
- If you are applying another treatment to the same areas of the skin as **Exocream**, try to avoid mixing the two products. This can be achieved by applying the two treatments alternately, leaving sufficient time to allow the previous application to soak in.

### If you forget to use **Exocream**

**Exocream** is designed to be applied as and when you require it. If you forget to use it, just carry on using the cream as described the next time you require it.

## 4. Possible side effects

**Exocream** could have the potential to cause side effects, although not everybody gets them. This product has been specially designed for use on dry skin, but in some rare cases it can cause irritant or allergic skin reactions on extremely sensitive skin. These rare effects tend to occur during or soon after the first few uses.

**Stop using** this cream and tell your doctor, nurse or pharmacist:

- If your skin condition seems to look or feel worse.
- If you get rashes or hypersensitivity reactions.

If this product is accidentally swallowed, its oily ingredients may cause diarrhoea.

### If this happens:

- Treat the symptoms as you would deal with any case of diarrhoea.
- Drink plenty of water.
- Do not attempt to cause vomiting.**

## 5. How to store **Exocream**

- Keep out of the sight and reach of children.
- Do not use **Exocream** after the expiry date shown on the container. The expiry date refers to the last day of that month.
- Store below 25°C.
- After using the 500ml bottle and prior to transport it is advisable to lock it to prevent discharge of the cream if the pump is accidentally depressed.
- Similarly, for 350g, 125g and 50g packs, replace the caps after use.

## 6. Further information

### What **Exocream** contains:

The main ingredients are Anhydrous lanolin (1.0% w/w), White soft paraffin (14.5% w/w) and Liquid paraffin (12.6% w/w).

The other ingredients are Glyceryl monostearate, Citric acid monohydrate, Cetyl alcohol, Sodium hydroxide, Sodium cetostearyl sulfate, Carbomer, Methyl hydroxybenzoate, Propyl hydroxybenzoate and Purified water.

### What **Exocream** looks like and contents of the pack

- ExoCream is available in a plastic pump bottle containing 500ml, plastic tubs containing 350g and 125g and a plastic tube containing 50g.
- The product has the appearance of a white cream.
- It contains no dye or fragrance.

## 7. General advice on looking after dry skin conditions

Emollients help soften, moisturise, and protect the skin by placing a barrier on the surface of the skin. They help in the management of dry skin conditions where the skin's natural oils may not function correctly.

For maximum effect they should be applied as often as needed. Try to avoid using normal soaps or bath additives, (even those labelled "moisturising"). This is because they tend to dry and irritate the skin. Avoid using products containing fragrances, as these can also cause skin problems. You should try to use a fragrance-free emollient 'soap substitute' instead. This type of product will not foam or lather but will be better for your dry skin condition.

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