

Partners

Dr A McLennan

Dr I Safarik

Dr R Hastings

Dr L Blackwood

Dr Guy Rughani



CAROLSIDE
MEDICAL CENTRE

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Dear Patient

Emollient Bath Additives

We are writing to you to inform you of a recent change to our management of atopic eczema in children under 12.

The British Medical Journal has recently published a summary of trials that have demonstrated emollient bath additives are not effective at improving eczema when used in addition to standard eczema care. This new evidence has led to a change in clinical guidelines in the UK, published by the National Institute for Health and Care Excellence (NICE). As a result of this and in line with new evidence, we will no longer be prescribing additive bath emollients for children under 12.

We will of course still be prescribing leave-on emollients, which continue to be the mainstay of management of eczema. NICE have stated that regular emollients are able to be added to bathwater and used to wash with. It can help if you first dilute the emollient with warm water prior to adding them to the bath. Therefore, if bath additives were previously found helpful we advise use of normal emollients in the bath as an alternative.

As a Practice we aim to continue to stay up to date with current guidelines and deliver evidence based patient care. Therefore, I hope you can understand this change in management of eczema.

If you have any questions in regards to the changes described above please contact the Practice.

Sincerely

Carolside Medical Centre

Carolside Medical Centre, 1/2 Carolside Gardens, Clarkston, G76 7BX

Telephone: 0141 644 3511