

- After approximately 4-6 hours re-apply emollients (or sooner if required) throughout the day.
- Wear loose fitting cotton clothes.
- Eat a good balanced diet, drink plenty of clear fluids. Keep alcohol to a minimum.
- Wash your clothes regularly in soap flakes or non-biological powder.
- Protect your skin from chemicals, detergents, exposure to the sun, wind, cold and dry atmosphere.
- Attempt to manage excessive stress in your life.

Treatment advice

If you require further advice please ring the Dermatology Helpline on **0300 019 5471**

Dermatology Resource Unit

My Ward Attender treatment reminder

My dermatology appointments

| Day | Date | Time |
|-----|------|------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

This leaflet is to help patients keep a record of their current skin treatment, while they attend the Dermatology Resource Unit outpatient service as a Ward Attender.

Booking Desk for appointments:
0300 019 4740 (then choose option 4)

The Royal Bournemouth Hospital,
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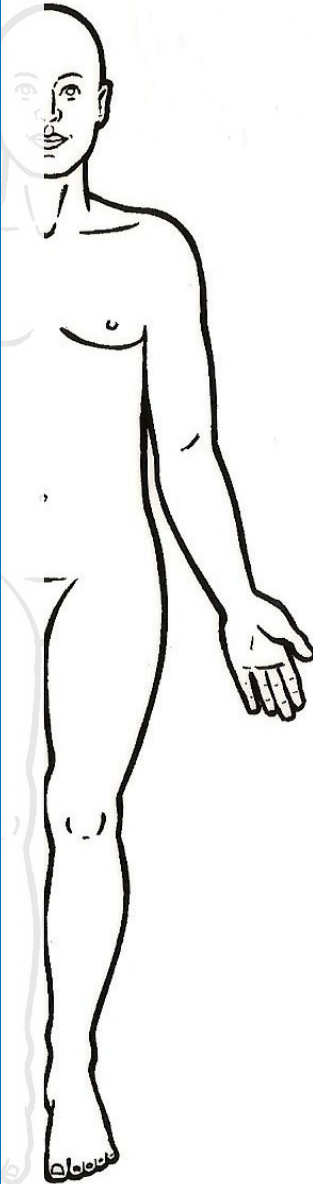
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What to use and where?

Date:



| |
|------------|
| Scalp |
| Face |
| Upper Body |
| Arms |
| Hands |
| Upper leg |
| Lower leg |
| Feet |

My current treatments

Please list below which dermatological treatments you currently have/use at home e.g. creams and/or tablets.

Treatments to obtain from your GP

We suggest that you obtain and/or have on repeat prescription the following treatments from you GP.

Daily skin care and further advice

- Warm bath, using bath oil (if safe to do so). Soak for about 10 minutes.
- Always use a soap substitute.
- Pat dry (do not rub) using cotton towels.
- Observe for rashes, inflammation, scaling.
- Apply an emollient to moisturise your skin.
- Wait 30 minutes, and then apply your dermatological treatment e.g. steroid to affected areas.