

INSTRUCTIONS FOR USE



White Soft Paraffin
Light Liquid Paraffin
Anhydrous Lanolin

- Read all of this leaflet carefully before you start using **EXO Cream**.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- If **EXO Cream** 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:

1. What **EXO Cream** is and what it is used for
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1. WHAT **EXO Cream** IS AND WHAT IT IS USED FOR

EXO Cream is designed to be applied on your skin, it helps relieve dry skin. Common examples of dry skin conditions 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 & itchy patches)

EXO Cream 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.

EXO Cream contains Hypoallergenic anhydrous lanolin, White soft paraffin and Light 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 or prescribed to you to treat your dry skin condition.

2. BEFORE YOU USE **EXO Cream**

Do not use **EXO Cream** if you are allergic (hypersensitive) to hypoallergenic anhydrous lanolin, white soft paraffin, light liquid paraffin or any of the other ingredients of **EXO Cream**

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 while 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 **EXO Cream**

This product should only be applied to the skin.

- Before using the 500g pack, twist pump to OPEN position to unlock, after unlocking, you will need to press down the pump dispenser several times to prime the pump before any product is dispensed, twist back to lock the pump. Each use of the pump dispenses approx. 3.5g cream.

Before using the 125g and 350g tubs, check that the tub seal is intact.

In case of 50g tube, ensure that the tube seal is intact.

- Apply **EXO Cream** 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 skin as **EXO Cream**, try to avoid mixing the two products. This can be achieved by applying the treatments alternately, leaving sufficient time to allow the previous application to soak in.

If you forget to use **EXO Cream**

EXO Cream 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

EXO Cream 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 such as rashes 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 **EXO Cream**

- Keep out of the reach and sight of children.
- Do not use **EXO Cream** 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 up the 500g pack, it is advisable to turn the top of the pump anticlockwise to lock it.
- Similarly for 350g, 125g and 50g packs, replace the caps after use.

6. FURTHER INFORMATION

What **EXO Cream** contains:

The main ingredients are Hypoallergenic anhydrous lanolin (1%), White soft paraffin (14.5%) and Light liquid paraffin (12.6%).

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

What **EXO Cream** looks like and contents of the pack

- The cream is available in a plastic pump pack containing 500g, 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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