

Miclaro™ Oat Cream

Emollient Cream containing Colloidal Oatmeal

Read all of this leaflet carefully before you start using **Miclaro Oat Cream**

- ⊕ Keep this leaflet. You may need to read it again.
- ⊕ If you have any further questions, ask your doctor or pharmacist.
- ⊕ If **Miclaro Oat 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 is **Miclaro Oat Cream** and what is it used for
2. Before you use **Miclaro Oat Cream**
3. How to use **Miclaro Oat Cream**
4. Possible side effects
5. How to store **Miclaro Oat Cream**
6. Further information
7. General advice on looking after dry skin conditions

1. What is Miclaro Oat Cream and what is it used for

Miclaro Oat Cream is designed to be applied on your skin, it helps form a barrier on the surface of your skin that helps prevent dry skin conditions.

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)
- ⊕ Ichthyosis (dry and scaly skin)
- ⊕ Pruritus (itchy and dry skin)

Miclaro Oat Cream is a simple emollient cream containing Colloidal oatmeal designed for dry and sensitive skin that is suitable for all ages including children over 3 months old.

The application of emollients to dry skin helps to:

- ⊕ Soften, moisturise and protect your skin by trapping 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.

Miclaro Oat Cream contains natural Colloidal oatmeal. Colloidal oatmeal is an extract from natural oatmeal and has been used extensively in 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 Miclaro Oat Cream

Do not use **Miclaro Oat Cream** if you are allergic

(hyper-sensitive) to Colloidal oatmeal or any of the other ingredients of **Miclaro Oat Cream** (listed in section 6).

Warnings and Precautions

Do not smoke or go near naked flames - risk of severe burns. **Miclaro Oat Cream** contains a small amount of Liquid paraffin (<5%), an important ingredient to help create a barrier to skin water loss. Fabric (clothing, bedding, dressings etc) that has been in contact with this product burns more easily and is a serious fire hazard. It is recommended that regular users of paraffin-containing emollients should change dressings, clothing and bedding frequently and washed thoroughly with appropriate detergents. 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 Miclaro Oat Cream

This product should only be applied to the skin. For maximum benefit you should apply the cream to the affected skin 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.
- ⊕ 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 **Miclaro Oat Cream**, 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 Miclaro Oat Cream

Miclaro Oat 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

Miclaro Oat 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 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.

Avoid contact with the eyes.

5. How to store Miclaro Oat Cream

- ⊕ Keep out of the sight and reach of children.
- ⊕ Do not use **Miclaro Oat 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 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.
- ⊕ Always close the cap on any tube.

6. Further information

What Miclaro Oat Cream contains:

The ingredients are Avena sativa kernel flour (1%), Glycerol, Distearyltrimonium chloride, Isopropyl palmitate, Cetyl alcohol, Liquid paraffin, White soft paraffin, Dimethicone, Microcrystalline wax, Benzyl alcohol, Allantoin, Dehydroacetic acid, Sodium chloride and Purified water

What Miclaro Oat Cream looks like and contents of the pack

- ⊕ The cream is available in a plastic pump bottle containing 300ml or 500ml and a plastic tube containing 100ml.
- ⊕ 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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Miclaro Oat Cream is a trademark of Penlan Healthcare

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For further information go to
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