

DoublebaseTM Once

24hr hydration

Please read all of this leaflet carefully before you start using this product. Keep this leaflet. You may need to read it again.

Ask your doctor, nurse or pharmacist if you need more information or advice.

In this leaflet:

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1. WHAT DOUBLEBASE ONCE IS AND WHAT IT IS USED FOR

- Doublebase Once is an advanced, highly moisturising and protective emollient, presented in a cosmetically acceptable gel for application to your skin. It can moisturise dry skin for 24 hours after one application. It is for the management of dry skin conditions such as eczema, psoriasis and ichthyosis.
- **All age groups** can use Doublebase Once.
- The therapeutic ingredients in this product include emollient oils and humectants. The product helps to:
 - soften, moisturise and protect your skin by trapping moisture in the skin and restoring the normal protective function of the skin;
 - prevent the skin-drying and irritant effects that can be caused by washing and bathing and by the soaps, foaming additives and fragrances used in ordinary cleansing products.
- The product's long-lasting action reduces the need for frequent re-application throughout the day.
- Doublebase Once can also be used as a soap substitute for washing, in order to prevent further drying of the skin.
- The humectants in Doublebase Once help to hold water in the skin. They also form the Triple Action Protective System (T.A.P.S.) so that more commonly used preservatives are not required. This may be preferable for those who are particularly sensitive to conventional preservatives.
- This product can be used in addition to any other emollients or treatments your doctor, nurse or pharmacist may have given or prescribed for you to treat your dry skin.



2. BEFORE YOU USE DOUBLEBASE ONCE

Do not use Doublebase Once if you are **allergic** (hypersensitive) to isopropyl myristate, liquid paraffin or any of the other ingredients listed in Section 6.

Important Safety Information

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.

Pregnancy and breast-feeding

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

Using medicines

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

3. HOW TO USE DOUBLEBASE ONCE

This product is only for application to the skin.

- Before using the 500 g pack, turn the top of the pump dispenser in the direction of the open arrow to unlock it. After unlocking, you will need to press down the pump dispenser several times to prime the pump before any gel is dispensed.

For maximum benefit you should:

- Gently smooth Doublebase Once over and around all dry skin areas once daily or as often as needed.

- Use a few gentle strokes to smooth the gel across the skin in the same direction as hair growth (like stroking a cat or dog). If necessary, allow time for any excess to soak in. Do not rub the skin vigorously.
- When used as a soap substitute for washing, in order to prevent further drying of the skin, use as you would use your normal soap.
- If you are applying another treatment to the same areas of skin as Doublebase Once, 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 Doublebase Once

Do not worry if you occasionally forget to use it, just carry on using the gel as described the next time you require it.

4. POSSIBLE SIDE EFFECTS

Doublebase Once has been specially designed for use on dry or problem skin. However, in rare cases it can cause skin irritation (mild rashes) 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 gel and **tell** your doctor, nurse or pharmacist:

- if your skin condition seems to look or feel worse;
- if any of the side effects get serious, or you notice any other side effects not mentioned in this leaflet.

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.**

Reporting of side effects

If you get any side effects, talk to your doctor, nurse or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects to the Manufacturer (see Section 6 below). By reporting side effects, you can help provide more information on the safety of this product.

5. HOW TO STORE DOUBLEBASE ONCE

- Keep out of the sight and reach of children.
- Do not use Doublebase Once after the use-by date shown on the container. The use-by date refers to the last day of that month.
- Do not store above 25°C.
- Do not freeze the product.
- After use, it is advisable to lock the pump by turning it in the direction of the stop arrow.
- Occasionally, a small pocket of air may form around the bottom end of the pump's dip tube, making it harder to pump the gel out. This may be resolved by tapping the base of the bottle firmly on a hard surface two or three times, so the gel can settle at the bottom around the end of the dip tube. The pump should then be pumped SLOWLY.


6. FURTHER INFORMATION

What Doublebase Once contains:

Isopropyl myristate, liquid paraffin, glycerol, steareth-21, macrogol stearyl ether (a soap substitute), ethylhexylglycerin, 1,2-hexanediol, caprylyl glycol, povidone, trolamine, carbomer and purified water.

What Doublebase Once looks like and contents of the pack

- The product has the appearance of a white gel. It contains no dye or fragrance.
- The gel is available in a plastic tube containing 100 g or a plastic pump bottle containing 500 g (25 g packs are also available to the medical and allied professions).

 **The Manufacturer is:** Dermal Laboratories Ltd, Tatmore Place, Gosmore, Hitchin, Herts, SG4 7QR, UK.

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7. GENERAL ADVICE ON LOOKING AFTER DRY SKIN CONDITIONS

- Emollients help soften, moisturise and protect the skin. They play a central role in the treatment and management of dry skin conditions.
- When bathing, try to use warm, not hot, water and avoid staying in the bath for long periods. This could make dry skin conditions worse.
- 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.

Breaking the itch-scratch cycle

Some dry skin conditions like eczema and dermatitis are itchy, and can be quite sore. Although scratching relieves the itching for a short while, it further damages the skin. Badly scratched skin easily gets infected. This makes it itchier and the urge to scratch becomes even greater. It is better if scratching can be avoided by reducing the itching. The regular use of emollients or moisturisers can help with this.



Consult Instructions for use



Medical Device



Batch Code



Use-By Date



Manufacturer

