

## Soap Substitutes – Information for women

Tena koutou katoa, Kia orana, Talofa lava, Malo e lelei, Fakaalofa lahi atu,  
Taloha Ni, Ni Sa Bula Vinaka,  
Greetings and Welcome to National Women's

### Soap Substitutes

If your skin is inflamed with eczema or dermatitis, the use of soap on a regular basis will be quite irritating and could worsen your condition. There are a number of soap alternatives or soap substitutes, which will cleanse the skin but will not cause this irritation.

Several preparations are available on prescription. These are:

- Cetomacrogol(non-ionic) cream
- Emulsifying Ointment
- Pinetarsol

A number of proprietary preparations are also available. They are cosmetically more pleasant to use and come either in the form of a cleansing liquid or in a cake or bar like soap. (New preparations are always being developed and marketed)

### *From the chemist you can buy:*

|                        |                           |
|------------------------|---------------------------|
| Cetaphil cleansing bar | QV bar                    |
| Cetaphil lotion        | Sebamed liquid wash       |
| Keribar                | Sebamed bar               |
| QV wash                | BK liquid soap substitute |

### *Soap substitutes are available at the supermarket (Labelled as “soap free”) include:*

|                       |                                   |
|-----------------------|-----------------------------------|
| Johnsons Body Wash    | Health basics Aloe Vera Body Wash |
| Dove Body Wash        | Palmolive Naturals Body Wash      |
| Dove Moisturising Bar | Lux Skin Care Body Wash           |

If you have any questions about this leaflet, please contact a nurse at the Colposcopy Clinic or phone: 09 631 0756 press option 4 to speak to a nurse. (Monday – Friday 8.30am-400pm).

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