Cooling *comfort.* Practical care.

Menthol helps provide a cooling sensation. The aqueous cream base helps moisturise dry skin. The full Dermacool range is SLS-free and paraben-free.

Before you apply

- Read the label and check the ingredients on your own pack.
- Ask a pharmacist about a suitable strength. During pregnancy, speak to your midwife, GP or pharmacist before use.
- 0.5%, 1% and 2%: ages 2+. 3% and 5%: ages 3+. Use below these ages strictly only on the advice of a healthcare professional.

Everyday application

- Wash your hands. Apply to clean, dry skin daily or as often as required, following your pack directions.
- Use a clean spoon or spatula to take cream from a pot.
- For external use only. Avoid eyes and damaged or broken skin.

The cooling sensation builds gradually. 3% Rapid* (Extra) has added peppermint for quicker cooling. *Check ingredients; the pack is labelled “Extra”.

Use with care

- **Keep away from cigarettes and naked flames.** Cream residue can make clothing, bedding and dressings catch fire more easily. Washing does not remove the risk completely.
- Take care on floors and surfaces that may become slippery.
- Stop use if irritation develops. Seek advice from your pharmacist or healthcare professional.

Storage and support

- Keep out of reach of children. Store below 25°C and do not use after expiry.
- For product concerns, contact Dermacool with the product name, strength, format and batch number if available. Avoid including unnecessary personal medical details.

Itching during pregnancy

Severe itching, itchy palms or soles, or itching worse at night needs urgent medical help. Contact your maternity unit; if you cannot reach them, call NHS 111. Cream does not treat intrahepatic cholestasis of pregnancy (ICP).