

〈教育セミナー〉

ドライスキンのサイエンス～原点から最前線まで～

外用剤の適正使用の問題点  
—保湿剤を中心として—

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**The Point at Issue of Appropriate Use of Topical Use Drugs**

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**Abstract**

There are many cases where patients use ointments inappropriately. One of the reasons is that there are only few studies about ointments. Even medical package insert of ointments does not give specific instructions about usage and dosage. For moisturizers, the number of times to apply to the skin is one to a few times, but not clearly specified. There has not been many studies done on the relationship between the number of times applied to the skin and the efficacy of the moisturizers. In the past, ointments were applied after bathing. However, recent studies have shown that there is no significant difference between applying just after bathing and after few hours. There are many cases where ointments are used together with other ointments. In these cases, ointments are often mixed together. However, there are only a few studies done on the permeability of ointments which are mixed. Overglazing is also very popular, but there has been no study done on the order of application and permeability. For these reasons, further study will be needed to properly use ointments.

**Key words:** ointments, creams, moisturizers, appropriate use, admixture.