



Prescribing Policy for Supply of Urea Cream and Spray for Prevention and Treatment of Cracked Heels

North East Essex CCG does not support the prescribing of urea cream and spray for prevention and treatment of cracked heels:

Urea improves hydration in the skin by increasing the water uptake from the dermis. Patients whose skin lacks the natural moisturising factor may benefit from a product containing urea. Urea breaks down hardened, calloused skin and reduces cracks and fissures.

Recommendations:

- Encourage patients:
 - To purchase urea creams and foams and self-care and use regularly if they will benefit from a heel balm
 - Who are diabetic to attend their annual foot check and follow self-care advice for maintaining healthy feet
- Do not prescribe:
 - GlucoRx Allpresan® Foam Creams
 - Flexitol® Heel Balm
 - Flexitol® Moisturising Foot Cream
 - Dermatronics Once Heel Balm®
 - Urea Heel Balm Products
 - Heel Balm Products