



Cetearyl alcohol

Your patch tests indicate that you have a contact allergy to cetearyl alcohol. It is also known as cetostearyl alcohol. This means that you should avoid all products containing this chemical. Cetyl alcohol and stearyl alcohol should also be avoided.

Cetearyl alcohol is a wax found in many moisturisers, steroid creams and other treatment creams. It may also be found in a few ointments and lotions. It is in some of the following types of products:

- Moisturisers and barrier creams
- Steroid creams
- Hair conditioners
- Sunscreens
- Antifungal, antibacterial and antiviral creams, psoriasis creams

Cetearyl alcohol-containing steroid and treatment creams to avoid

- Eumovate cream
- Betnovate cream and lotion, Betnovate RD, Fucidin
- Dermovate cream
- Cutivate cream
- Timodine
- Trimovate
- Lamisil, Canesten, Canesten HC
- Elidel
- Sebco
- Dithrocream
- Zovirax, Fucidin, Fucidin H

Cetearyl alcohol-containing moisturisers to avoid

- Aqueous cream
- Cetraben cream, lotion and ointment
- Aveeno cream and lotion
- Epaderm cream and ointment
- E45
- Diprobase cream
- Sudocrem
- Hydromol cream and ointment
- Dermol lotion, cream
- Emulsifying ointment

It is safe to use these moisturisers and steroids:

- Eumovate, Betnovate and Dermovate ointments, Synalar gel,
- Daktacort, Nerisone Forte oily cream and ointment
- Doublebase gel, Diprobase ointment, Calmurid, Hydromol intensive

Always check your products as these lists can never be complete and ingredients change.