**Parabens (Hydroxybenzoates)**

Your patch tests indicate you have a contact allergy to parabens. This means that you should avoid all products containing parabens in the future. Parabens may also be labelled as hydroxybenzoates and include: Methylparaben (methyl hydroxybenzoate), ethylparaben (ethyl hydroxybenzoate), propylparaben (propyl hydroxybenzoate) and butylparaben (butyl hydroxybenzoate).

Parabens are preservatives. The parabens name is usually used in cosmetics and hydroxybenzoates in medicaments. Hydroxybenzoates are sometimes used as food preservatives.  However, dermatologists think it is unlikely that eating food containing these chemicals causes allergic rashes.

Parabens/hydroxybenzoates may be in the following products:

**Personal care products**

* Toiletries and toothpastes
* Hand and face creams
* Wet wipes, nappy and barrier creams
* Cosmetics
* Sunscreens

**Medications**

* Moisturisers e.g. E45, Lipobase, QV, Ultrabase, Zerocream, Eurax
* Prescribed creams and ointments e.g Locoid, Betnovate lotion, Nerisone cream, Ultralanum plain, Efudix, Imiquimod, Vaniqa
* Ear, eye and nose drops
* Paste bandages e.g. Viscopaste BP7
* Some local anaesthetics
* Wart treatments

**Industry and manufacturing**

* Oils and fats
* Glues and polishes

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