



Cetearyl alcohol

What are the aims of this patient information leaflet?

This leaflet has been written to help you understand more about your contact allergy. It tells you what a contact allergy is, what causes this allergy and what you can do about it.

What is contact allergy?

Dermatitis, also known as eczema, describes a type of inflammation of the skin. Contact dermatitis or contact eczema is a term used when this inflammation is caused by direct or indirect skin contact with something in your environment. Allergic contact dermatitis occurs when your immune system causes allergy to a very specific chemical or substance that has been in contact with the skin.

What causes your specific allergy?

Your [patch tests](#) indicate that you have a contact allergy to **cetearyl alcohol**.

What is cetearyl alcohol?

Cetearyl alcohol is a wax found in many cosmetic and personal care products and medicaments. It is a mixture of cetyl alcohol and stearyl alcohol. It is also known as cetostearyl alcohol.

What are some products that contain cetearyl alcohol?

Treatments for skin conditions including:

- Antifungal, antibacterial and antiviral creams
- Emollient cream, ointments, lotions and barrier creams
- Steroid creams
- Treatments for inflammatory skin conditions such as psoriasis and eczema

Cosmetic products including:

- Hair shampoos and conditioners, dyes, anti-frizz products, beard care products
- Moisturising cream, ointments, lotions and barrier creams
- Make-up, including mascara
- Shaving cream/lotions
- Sunscreens

Moisturisers which contain cetearyl alcohol

- Aqueous cream
- Aproderm and Aveeno cream and lotion
- Bepanthen ointment
- Cetraben cream, lotion and ointment
- Dermol lotion and cream
- Diprobase cream
- Cetomacrogol cream
- Emuliflying ointment
- Enopen cream
- Epaderm cream and ointment
- Epimax cream and ointment
- E45 products

Hydromol cream and ointment
Sudocrem

Steroid and treatment creams which contain cetearyl alcohol

Betnovate cream and lotion, Betnovate RD cream
Canesten and Canesten HC cream, vaginal cream
Cocois/Sebco ointment
Cutivate (Fluticasone propionate) cream
Dermovate cream
Dithrocream
Elidel (pimecrolimus cream)
Eumovate cream
Fucidin and Fucidin H cream and Fucibet cream
Lamisil (terbinafine) cream
Synalar cream
Timodine cream
Trimovate Cream
Zovirax cream

It is safe to use these moisturisers/emollients and steroids:

Emollients:

Adex gel
Calmurid
Doublebase gel
Diprobase ointment
Emollin spray
Hydromol intensive
50:50 ointment

Topical steroids:

Hydrocortisone 1% ointment
Eumovate ointment
Betnovate and Betnovate RD ointment
Synalar gel and ointment
Dermovate ointment

Remember, always check the label, these lists can never be complete and ingredients change.

How can I manage my allergy?

This means that you should avoid putting products containing cetearyl alcohol onto your skin in the future.

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Cetyl alcohol, cetostearyl alcohol and stearyl alcohol, should also be avoided.

Self-care (what can I do?)

Always check the ingredient listing on the product, package or package insert as these lists can never be complete and ingredients change. This is particularly important for any products purchased outside the EU where some allergens may not be banned.

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