Newsletter Peel Park Surgery November 2019

**Sore or dry lips**

**Do**

* use a lip balm containing petroleum jelly or beeswax – you can buy these at a pharmacy or supermarket
* try a few different lip balms if one isn't working for you – some people may be sensitive to some fragrances or ingredients, wash your hands before applying lip balm
* use a lip balm with a sun protection factor (SPF) of 15 or more during hot weather, cover your lips with a scarf when you're outside in cold weather, drink plenty of water to avoid [becoming dehydrated](https://www.nhs.uk/conditions/dehydration/)

**Don't**

* do not pick or bite any flaky skin on your lips – this can slow down healing
* do not keep licking dry or cracked lips – this can make them sore
* do not share lip balms with other people – this can spread germs

**Non-urgent advice:See a GP if:**

your lips are hot, painful, red and swollen – this could be a sign of infection

If your GP thinks you have an infected lip, they may prescribe an antibiotic or antifungal cream to treat the problem.

**Impetigo**

**Impetigo is a skin infection that's very contagious but not usually serious. It often gets better in 7 to 10 days if you get treatment. Anyone can get it, but it's very common in young children.**

Impetigo starts with red sores or blisters. They quickly burst and leave crusty, golden-brown patches.These can: look a bit like cornflakes stuck to your skin,get bigger, spread to other parts of your body, be itchy, sometimes be painful.

**Treatment for impetigo from a GP**

A GP will check it's not something more serious, like [cellulitis](https://www.nhs.uk/conditions/cellulitis/).

If it's impetigo, they can prescribe antibiotic cream to speed up your recovery or antibiotic tablets if it's very bad.

**Important**

Do not stop using the antibiotic cream or tablets early, even if the impetigo starts to clear up.

**If your impetigo keeps coming back**

A GP can take a swab from around your nose to check for the bacteria that causes impetigo.

They might prescribe an antiseptic nasal cream to try to clear the bacteria and stop the impetigo coming back.

**Stop impetigo spreading or getting worse**

Impetigo can easily spread to other parts of your body or to other people until it stops being contagious.

It stops being contagious:

* 48 hours after you start using the medicine your GP prescribed
* when the patches dry out and crust over (if you do not get treatment)