



Ego Dermaid 0.5% Cream

30g

£8.45

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Reviewed by registered pharmacist — last updated May 2026.

Ego Dermaid 0.5% Cream 30g is a mild hydrocortisone cream (S2 restricted medicine) by Ego Pharmaceuticals, providing temporary relief of itching, redness and inflammation caused by mild dermatitis, eczema, insect bites and minor allergic skin reactions. Suitable for short-term use on adults and children over 2 years.



Details

Reviewed by registered pharmacist — last updated May 2026.

What is Ego Dermaid 0.5% Cream 30g?

Ego Dermaid 0.5% Cream is a mild over-the-counter hydrocortisone cream manufactured in Australia by Ego Pharmaceuticals. As an S2 (Schedule 2) restricted medicine, it is available without prescription but must be supplied from a pharmacy where pharmacist advice is on hand. The 0.5% hydrocortisone acetate strength is the gentlest topical steroid available without prescription in Australia, making it suitable for short-term treatment of itchy inflamed skin on sensitive areas and children over 2 years.

Conditions Ego Dermaid 0.5% treats

- Mild eczema and atopic dermatitis flare-ups.
- Contact dermatitis from soaps, detergents, jewellery or plants.
- Itching and inflammation from insect bites and stings.
- Minor heat rash, prickly heat and chafe.
- Mild allergic skin reactions.
- Itchy patches on the body that are not infected or weeping.

For mild bite and sting itch relief, see our [insect bites and stings first aid guide](#). For everyday dry skin or eczema-maintenance, pair with a fragrance-free moisturiser like [QV Cream](#).



Active ingredient and formulation

- **Active:** Hydrocortisone Acetate 0.5% w/w — a mild topical corticosteroid that reduces inflammation, redness and itching by suppressing the local skin immune response.
- **Base:** lightweight, non-greasy cream suitable for daily use on sensitive skin.
- **Manufacturer:** Ego Pharmaceuticals (Australian owned, made in Braeside, Victoria).
- Listed on the Australian Register of Therapeutic Goods (ARTG) as a Schedule 2 medicine.

How to apply Ego Dermaid 0.5%

1. Wash and gently pat dry the affected area.
2. Squeeze a small amount of cream onto a clean fingertip.
3. Apply a thin layer to the affected area and gently rub in.
4. Wash hands after applying (unless the hands are the area being treated).
5. Apply 2 to 3 times daily for up to 7 days.
6. If using a separate moisturiser, apply Dermaid first, wait 15 minutes, then apply moisturiser over the top.

Do not cover the treated area with airtight dressings (bandages, plastic, nappies) — this increases steroid absorption and can damage the skin.

Pharmacist guidance

Your pharmacist may ask about:

- The location and appearance of the rash (broken skin, weeping or infected rashes need different treatment).
- How long the rash has been present.
- Whether you have used hydrocortisone before and the response.
- Whether the affected person is under 2 years (consult your doctor first).
- Whether the rash is on the face, around the eyes, or in skin folds (use cautiously).

If your rash does not improve within 7 days, becomes infected, or worsens, stop use and return to the pharmacist or doctor for review. Long-term use can thin the skin and is not recommended without medical supervision.

Warnings and precautions

- Not for children under 2 years without medical advice.
- Do not use on broken skin, weeping eczema, infected skin, acne or rosacea.
- Avoid contact with eyes; rinse thoroughly with water if contact occurs.
- Do not use on the face for more than a few days unless directed by a doctor.
- Use sparingly during pregnancy and only on medical advice.
- If symptoms persist or worsen, talk to your healthcare professional.
- Keep out of reach of children. Store below 25 degrees Celsius in a cool, dry place.

What is an S2 restricted medicine?

S2 (Schedule 2 — Pharmacy Medicine) is a classification under the Australian Poisons Standard for medicines that can be sold without a prescription but must be supplied from a pharmacy. Pharmacist advice should be available at the point of



sale to ensure the medicine is appropriate for the customer and used correctly. Hydrocortisone 0.5% is S2 because, while generally safe for short-term self-treatment, pharmacist input helps identify cases where stronger prescription treatment is needed.

Related products and categories

- Daily moisturiser: [QV Cream](#) — pair with Dermaid for the soak-and-seal eczema routine.
- Soap-free wash: [QV Intensive Cleanser 1kg](#) — replaces irritating soap.
- Itchy skin bath: [Pinetarsol Solution 500ml](#) — pine tar bath for psoriasis and eczema.
- Insect bite relief: [SOOV Bite Gel 25g](#) — for itch from bites and stings.
- Category: [Skin care products](#).

Frequently asked questions

What is Ego Dermaid 0.5% Cream used for?

Ego Dermaid 0.5% Cream is used for temporary relief of itching, redness and inflammation caused by mild dermatitis, eczema, insect bites and minor allergic skin reactions. The 0.5% hydrocortisone strength is the lowest topical steroid strength available without prescription in Australia.

Can hydrocortisone cream be used on eczema?

Yes. Hydrocortisone 0.5% is commonly recommended by Australian doctors and pharmacists for mild eczema flares. Apply a thin layer 2-3 times daily for up to 7 days. Use alongside a fragrance-free moisturiser such as QV Cream to maintain the skin barrier. For moderate or severe eczema, see your doctor for stronger prescription treatment.

How often should Dermaid 0.5% cream be applied?

Apply a thin layer of Ego Dermaid 0.5% Cream to the affected area 2 to 3 times daily for up to 7 days. Do not cover with airtight dressings or apply under nappies. If symptoms persist beyond 7 days or worsen, stop use and consult your pharmacist or doctor.



Is Dermaid 0.5% suitable for children?

Yes - for children over 2 years for short courses up to 7 days. Ego Dermaid 0.5% is the safest over-the-counter hydrocortisone strength in Australia. Always check with your pharmacist before treating young children, never apply under occlusive dressings such as nappies, and avoid the face for more than a few days.

What is an S2 restricted medicine in Australia?

S2 (Schedule 2) is a Pharmacy Medicine classification under the Australian Poisons Standard. S2 medicines are available without a prescription but must be supplied from a pharmacy where pharmacist advice is available. Ego Dermaid 0.5% is S2 because hydrocortisone, even at low strength, benefits from pharmacist counsel to ensure correct use and identify when prescription strength may be needed.

Important medicines information: Always read the label and follow the directions for use. If symptoms persist, talk to your healthcare professional. Use only as directed. Incorrect use may be harmful. Keep out of reach of children. This is an S2 restricted medicine - pharmacist advice is recommended.

Sources: [Therapeutic Goods Administration \(TGA\)](#), [healthdirect.gov.au — Eczema](#), [healthdirect.gov.au — Medicines information](#), [Eczema Support Australia](#).