

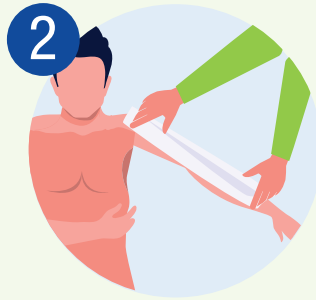
HOW WET DRESSINGS HELP ECZEMA

- Wet dressings help to reduce itch by cooling the skin. The itch is worse when the skin is hot and inflamed.
- Wet dressings help with the treatment of infection by cleaning the skin's surface.
- Applying moisturiser under the wet dressings helps to rehydrate the skin.
- Wet dressings protect the skin from scratching, and help the skin to heal.
- Wet dressings help to develop a good sleep pattern for the child and their family.
- Wet dressings (also known as wet wraps) are fabric wraps, garments or tubular bandages soaked in water and applied to the skin. Tubifast are an example of a brand that manufactures dressings and garments for this purpose.

SETTING UP



Before you start, wash and dry your hands.



Measure the lengths of elasticated tubular bandages needed or, if using clothing, select ones with the most coverage.



Fill bowl with tepid water. Add one capful of bath oil then the measured bandages or selected clothing.

APPLYING THE DRESSINGS



Apply cortisone or anti-inflammatory creams, as prescribed, to all areas affected with eczema.



Squeeze out the elasticated tubular bandages or clothing and apply to the body while warm and wet.



Put dry clothing over the top of the wet bandages or wet clothes.

COOL COMPRESSING



Once the wet dressing is dry, usually in a few hours, remove it and apply moisturiser to the whole body and face.



Wet a disposable towel in a bowl of cool water and bath oil. Hold the towels on to the face for 5–10 minutes.



Apply moisturiser immediately after compressing.