

## **WET DRESSINGS**

- After a bath or shower, gently pat the skin dry.
- Immediately apply moisturizer all over the skin surface.
- Apply the prescribed corticosteroid ointment to the designated sites
- Use pyjamas or special Tubifast garments. Dampen with tap water. Garments should feel the same as when they are removed from the washing machine after spin dry. They should not be dripping wet.
- Using a spray bottle is an efficient method of wetting the garment to achieve this.
- Put on the damp garments. A dry layer can be worn on the outside if preferred.
- Leave on for at least 1 hour.
- After removal, re-apply moisturizer all over the skin.
- Wet dressings can also be done with moisturizer alone for treatment of dry skin with no active eczema.