



Soak dressings in water that is a comfortable temperature

- for infants, use a jumpsuit as the dressing
- for older children and adults, use pyjamas, elasticated tubular bandages, towels, sheets, cotton socks (for feet) or cotton gloves (for hands) as the dressing

Take a bath or shower and lightly pat skin dry

Apply topical corticosteroid to affected skin

If the skin is particularly dry, apply a layer of bland greasy emollient after applying topical corticosteroid

Cover treated skin with damp (wrung-out) wet dressings

Wrap up in a towel or wear dry clothes on top of wet dressings, to keep warm and ensure the damp layer is in close contact with the skin

Remove the wet dressings after 15 to 60 minutes

Dry the skin, then apply an emollient

NB1: This is an example method of applying a wet dressing; there are other methods of applying wet dressings (eg see example from the Royal Children's Hospital Melbourne—https://www.rch.org.au/kidsinfo/fact_sheets/Eczema).

Doctor's contact details:

--