

How to use the soak and smear technique

Soak in a warm bath of plain water for 20 minutes just before bedtime
Don't dry skin after getting out of bath
Smear affected skin with large amounts of topical corticosteroid
Put on old pyjamas or loose clothes
Apply an emollient to the skin the following morning
Doctor's contact details:

Therapeutic Guidelines Limited (www.tg.org.au) is an independent not-for-profit organisation dedicated to deriving guidelines for therapy from the latest world literature, interpreted and distilled by Australia's most eminent and respected experts.