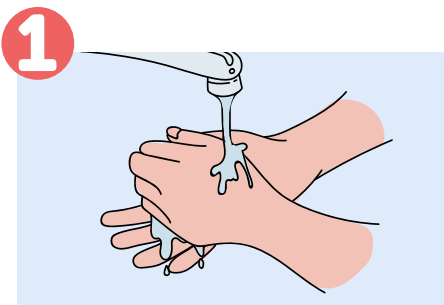


WET DRESSINGS USING COTTON TUBULAR DRESSINGS

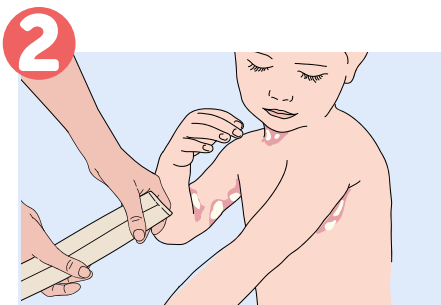
When doing wet dressings, the first layer is wet and the second layer is dry, which helps keep the moisture in. Note, compression dressings such as Tubigrip must not be used for wet dressings as they are designed to apply pressure and support for injuries.

You will need:

- Clean large mixing bowl
- Slightly warm water
- Cotton tubular dressings (not Tubigrip) for wet layer
- Cotton singlet for wet layer
- Long cotton pants for dry layer (e.g. pyjama pants)
- Long sleeve cotton t-shirt for dry layer
- Bath oil – 1 capful if recommended
- Topical steroid if prescribed
- Moisturiser



1 Before you start, wash and dry your hands.



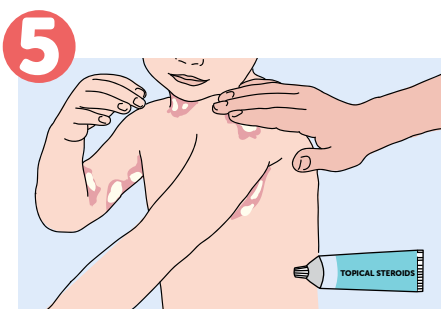
2 Cut the tubular dressing to fit the child's arms and legs.



3 Half fill a large mixing bowl with slightly warm water. If recommended, add 1 capful of bath oil.



4 Add the singlet and cut tubular dressings to the bowl.



5 If prescribed, apply the topical steroid to all areas with eczema.



6 You may also be advised to apply moisturiser under the wet dressings. If this is the case, apply the moisturiser to the whole body and face.



7 Put the wet singlet and tubular dressings on your child.



8 Put dry clothing over the wet clothing on your child.



9 When you remove the wet dressings apply moisturiser to the entire body and face.