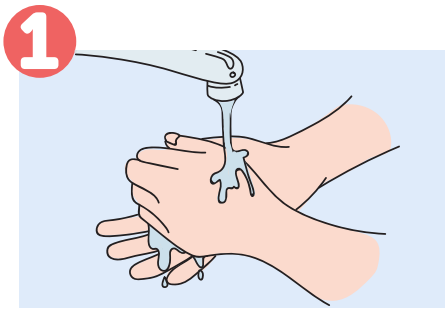


HOW TO USE WET DRESSINGS

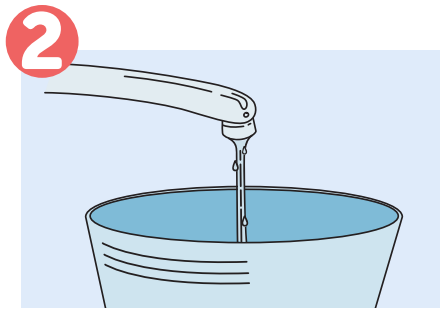
When doing wet dressings, the first layer is wet and the second layer is dry, which helps keep the moisture in. Wet dressings shouldn't be used for the whole day as this can dry the skin.

You will need:

- Clean large mixing bowl
- Slightly warm water
- Long cotton pants for wet layer
- Long cotton pants for dry layer (e.g. pyjama pants)
- Long sleeve cotton t-shirt for wet layer
- 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.



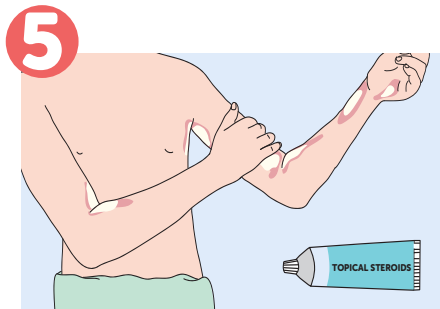
2 Half fill a large mixing bowl with slightly warm water.



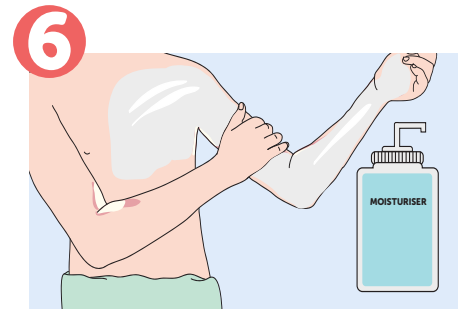
3 If recommended, add 1 capful of bath oil.



4 Add 1 pair of pants and 1 long sleeve t-shirt to the bowl.



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



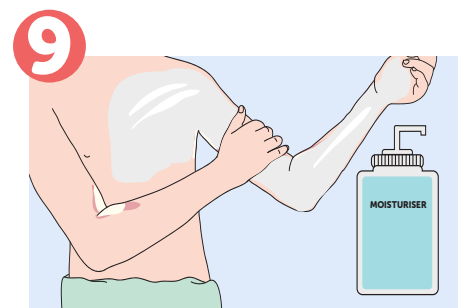
6 You may also be advised to apply moisturiser under the wet dressings. If this is the case, apply the moisturiser to the whole body and face.



7 Put wet clothing on..



8 Put dry clothing over the wet clothing.



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