Integricare
DERMATOLOGY
YOUR SKIN, OUR JOURNEY

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Wet Dressings: Patient Information & Instructions:

When are wet dressings used?

- Severe eczema or psoriasis.
- Allergic or irritant contact dermatitis.
- Granular parakeratosis.
- Other conditions associated with acute & significant inflammation of the skin.
- To soothe the skin, reduce inflammation, reduce itch & assist with the penetration of applied topicals into the skin.

What is required?

- Any topical corticosteroids or steroid sparing agents as prescribed.
- Moisturiser (emollient) as recommended or if agreed your preferred product.
- Soap free wash as recommended or if agreed your preferred product.
- Dressings: Long sleeve cotton pyjamas, leggings, long sleeve cotton clothing, cotton gloves or Tubigrip (if localised to limbs, cotton flannel (face), cotton gloves (hands, can be purchased from a pharmacy).
- Avoid woollen clothing.
- Lukewarm water.

Common topical corticosteroid agents utilised:

- Body & Limbs: Betamethasone Dipropionate 0.05% ointment (eg. Eleuphrat, Diprosone, Diprosone OV).
- Face & flexural areas: Methylprednisolone Aceponate 0.1% ointment (eg. Advantan Fatty, Supriad).

Instructions:

- Any variations or modifications will have been discussed.
- Have a warm not hot shower or bath of less than or equal to 5 minutes using soap free wash.
- Pat dry.
- Apply the topical corticosteroids or steroid sparing agents as prescribed.
- Apply the emollient.
- Wet the ‘dressings’ in lukewarm water & wring out.
- Apply or wear for 15 minutes.
- Another layer of dry clothing may be applied over the top of the wet dressing.
- Leave for 15 minutes (or otherwise if advised).
- Repeat the frequency as advised.

Tip:

- For children: choose a quiet, passive activity (such as playing a game, reading books, or watching a favourite show) to maintain a positive environment & association. Consider a reward.