Wet dressings for eczema

When to use wet dressings

- Wet dressings play an important role in the treatment of eczema.
- Wet dressings should be used when your child is hot and itchy and if they wake at night due to the itch.
- Your child may also need a wet dressing if there is blood on the sheets or if the eczema is still present despite treatment with cortisone ointments, moisturisers and bath oils.
- Early use of wet dressings will reduce the amount of cortisone creams needed to control the eczema.
- Parents and children who have used wet dressings generally express great satisfaction with the technique and many have found them to be life changing.

How wet dressings help eczema

- Wet dressings help to reduce itch by cooling the skin. The itch is worse when the skin is hot and inflamed.
- Wet dressings help with the treatment of infection, as they help to clean the skin's surface.
- Applying moisturiser under the wet dressings helps to rehydrate the skin.
- Wet dressings protect the skin from fingernails and scratching, and help the skin to heal.
- Wet dressings help to develop a good sleep pattern for the child and their family.

How to apply a wet dressing

1. Getting started

- You will need:
  - Bowl
  - Tepid water
  - Bath oil
  - Cortisone or anti-inflammatory cream (if prescribed)
  - Moisturiser (Dermeze or Hydraderm)
  - Disposable towels
  - Crepe bandages

2. Setting up

- Wash your hands.
- Fold disposable towels in half.
- Fill bowl with tepid water.
- Add one capful of bath oil and disposable towels to bowl.
- Spoon creams out onto a dry towel.

3. Applying the creams

- Apply cortisone or anti-inflammatory creams, as prescribed, to all areas affected with eczema.
- Apply moisturiser over the cortisone ointments and to the whole of the body and face.

4. Applying the wet towels

- Wrap the wet towels around the areas of eczema, using a few layers.

5. Applying the crepe bandage

- Wrap crepe bandages around the wet towels, firmly but not tightly.
- Avoid direct contact of the bandage with the skin.

6. Applying the wet t-shirt and bandana

- Wet cool compresses can be applied to the neck as a scarf (only knot once), and a wet bandana can be applied to the head.
- The scarf and bandana should be applied only under supervision and not at bedtime.
- For the trunk, apply a wet T-shirt or singlet. This can be repeated as often as needed and a dry T-shirt can be applied over the top.

7. Cool compressing

- Cool compressing is a wet dressing for the face.
- Wet disposable towels in a bowl of cool water and bath oil.
- Hold the towels on to the face for 5-10 minutes.
- Apply moisturiser immediately after compressing.
- Cool compressing should be applied as often as needed until the itch is relieved.

Important information about wet dressings

- Wet dressings are best applied at night, however they can be used during the day if the eczema is severe.
- Wet dressings will dry after a few hours. Do not leave the dressings on dry (unless your child is sleeping) as dry dressings can irritate the skin by causing it to become hot, dry and itchy.
- Crepe bandages used for wet dressings may be washed in the washing machine. Do not wash or reuse the disposable towels.
- Do not use antiseptic bath oils in the wet dressings as these may irritate and burn your child's skin.

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