

# What to do if your child has eczema

## Understanding the Condition

Skin complaints affect 33% of the population, but atopic eczema is one of the most widespread inflammatory skin diseases in the UK, affecting 15%-20% of children and 2-3% of adults. However, 80% of all child cases of atopic eczema appear before the age of 5, and the condition usually disappears as children reach their teenage years. It is often linked to other atopic, or hereditary, diseases such as hay fever and asthma and so often runs in families.



### The Symptoms of Atopic Eczema

- Itching and scratching
- Redness
- Blistering
- Scabbing
- Cracks in the skin
- Pigmentation
- Hardening of the skin

### Factors to Consider

- Always keep the skin moisturised for as long as possible
- Keep temperatures in the house cool
- Regularly wash bed linen
- Consider the factors that may worsen the condition such as detergents, soaps, food allergies and allergens such as pet hair
- Use compliance aids to encourage children to participate with their treatment

### What is Wet or Dry Wrapping?

Wet wrapping involves applying an appropriate emollient to the skin, followed by two layers of Tubifast Garments, the bottom layer damp and the top layer dry. This aids moisture retention, and allows much larger quantities of emollients to be used. Dry wrapping only uses a single layer of dry Tubifast Garment applied over an emollient.

The use of any other topical applications should only be carried out under the advice and guidance of a healthcare professional.

### Frequency of Use

Dependent on the severity of the eczema, wet or dry wrap daily and/or nightly until the itch scratch cycle has been broken.

# NEW Tubifast Garments for the Wrap Technique

New ready-made Tubifast Garments are the latest development from the leaders in dressing retention. Ideal for quick, simple and secure wet wrapping, Tubifast Garments are suitable for use on children from 6 months.

- Available in full-sleeved vests, tights, leggings and socks
- Ideal for dressing retention, wet wrapping and dry wrapping
- Allows complete freedom of movement through the two-way stretch construction
- Flat seams help prevent irritation of sensitive skin
- Comfortable to wear under nightwear and ordinary clothes, so helping to promote fully active days and restful nights
- Convenient, quick and simple way to wet wrap so aiding compliance
- Wet wrapping can help to reduce the itch of atopic eczema.

Atopic eczema can be a distressing condition, both for children and their parents, but wet wrapping has been proven to help relieve the symptoms and so allow children to enjoy a more active and normal life.

## Choosing the Right Emollient

Many prescribed bath oils and moisturisers contain perfume, preservatives or additives that are known to cause skin rashes, especially in those already suffering from eczema. However, Epaderm is different.

- Epaderm acts as a film barrier, which aids moisture retention within the skin
- Its 3-in-1 formulation can be used on the skin, in the bath or as a soap alternative
- Epaderm contains no fragrances, colourings or additives.

If your child suffers from atopic eczema and you would like to know more about wet wrapping therapy and new Tubifast Garments, ask your healthcare professional or visit [www.skincareworld.co.uk](http://www.skincareworld.co.uk)

 **Tubifast**™

*epaderm*

[www.skincareworld.co.uk](http://www.skincareworld.co.uk)

## Wet Wrapping

### Instructions for Use

- 1 Select the right sized garment for the child's age
- 2 Bathe the child and pat dry
- 3 Ensure the garment is seam side out
- 4 Place the chosen garment into warm water
- 5 Where indicated by a healthcare professional use an appropriate topical application on badly affected areas
- 6 Apply emollient liberally over the whole body, using a downward motion to stop hair follicles becoming blocked
- 7 Squeeze the water out of the wet Tubifast Garments. Apply the vest, leggings, tights and/or socks while still warm and damp; apply the garments with care
- 8 In the same way apply the dry Tubifast Garments as a top layer
- 9 Normal clothes must then be applied.

## Dry Wrapping

### Instructions for Use

- 1 Select the right sized garment for the child's age
- 2 Bathe the child and pat dry
- 3 Ensure the garment is seam side out
- 4 Where indicated by a healthcare professional use an appropriate topical application on badly affected areas
- 5 Apply an emollient liberally over the whole body, using a downward motion to stop hair follicles becoming blocked
- 6 Apply the vest, leggings, tights and/or socks directly over the emollient. The garments are applied as normal clothing
- 7 Normal clothes must then be applied.

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