OPEN WET DRESSING INSTRUCTIONS

Open wet dressings are used for relieving the itching and irritating symptoms associated with many inflammatory skin conditions. They allow for cooling by continuous evaporation of water. They are used to decrease redness, burning, itching, and weeping of skin lesions. They will help make you more comfortable.

1. Use a single thickness, thin white material such as a pillow case, handkerchief, or bed sheet. Do not use a towel or wash cloth.
2. Place the material in luke-warm tap water or the prescribed solution if given.
3. Squeeze out excess water.
4. Unravel material and cover red, itchy areas with wet dressing. (only 1 layer thick)
5. Allow this to remain on skin for 10-15 minutes. Do not cover with a blanket.
6. Remove material and after 5 minutes apply your topical prescription medication.
7. Do the above routine 2-3 times a day as needed but only use your prescription medications as directed.
8. You may feel chilled if you have covered large areas of your body. If you are treating the entire body, then place dressings first on the front side and then on the back side of your body. Make sure you are in a warm environment.