



# FACTS AND TOP TIPS FOR TUBIFAST GARMENTS

+ Tubifast Garments are the latest development in eczema management from SSL, the leaders in dressing retention.<sup>1</sup> These Garments replace the need for measuring and cutting bandages and are a quicker and simpler way to wrap.

+ Tubifast Garments are available in five sizes:

6 – 24 months

2 – 5 years

5 – 8 years

8 – 11 years

11 – 14 years

RECOMMENDED FITTING SIZES		Information is based on the British Standard (BS 7231: Part II: 1990)			
	Vests, Tights	Vests, Leggings, Socks (socks – one size fits all – 2 to 14 years)			
	16 – 24 months	2 – 5 years	5 – 8 years	8 – 11 years	11 – 14 years
HEIGHT	74 – 86 cm	86 – 110 cm	110 – 128 cm	128 – 146 cm	146 – 164 cm
INSIDE LEG	28 – 34 cm	34 – 47 cm	47 – 58 cm	58 – 68 cm	68 – 77 cm
ARM LENGTH	25 – 29.5 cm	29.5 – 35.5 cm	35.5 – 42 cm	42 – 49 cm	49 – 57.5 cm

**IMPORTANT INFORMATION**  
 Please note Tubifast Garments are a medical product for use either in dressing retention, wet or dry wrapping. It is recommended that Tubifast Garments are sized according to dimensions as well as age. If in any doubt regarding the selection of size the next largest size should be chosen (e.g. if the child is wearing a nappy with the Tubifast Garment please allow for extra sizing). For protection and longer lasting wear of your Tubifast Garments follow wash instructions and apply normal, loose fitting clothing or nightwear over the Tubifast Garments to prevent wear and tear.

- + The Tubifast Garments range includes full-sleeved vests, leggings (tights for babies) and socks.
- + Wash at 60°C and tumble dry on cool.
- + Wet wrapping has been found to have improved the quality of life for children, helping them sleep better and reducing hospital admissions.<sup>2</sup>
- + Wet wrapping involves the application of an emollient, such as Epaderm, onto the skin, which is then covered by a damp Tubifast Garment, followed by a dry layer of Tubifast Garment.

+ The potential benefits of wet wrapping include:

Steroid usage can be reduced where indicated by your healthcare professional.<sup>2</sup>

Reduces hospital admissions for a chronic condition.<sup>2</sup>

Interrupts the itch scratch cycle.<sup>2</sup>

Cools and soothes the skin as the water evaporates.<sup>2</sup>

Tubifast Garments act as a mechanical barrier preventing further damage to the skin.

Sleep patterns can be significantly improved.<sup>2</sup>

Tubifast Garments prevent the emollient being wiped off and protects clothing.

A wet garment may help to increase the penetration of topical treatments.<sup>3</sup>

Emollients keep skin hydrated.<sup>2</sup>

Emollients help reduce inflammation.<sup>3</sup>

Emollients help reduce allergen load.<sup>3</sup>

+ Take care when the Tubifast Garment is wet. 'Unfold' the Tubifast Garment onto the body.

+ Choose cotton for clothing and bedclothes.

+ Ensure loose fitting clothing is applied over the Tubifast Garments.

+ In summer months, Tubifast Garments may dry out quicker. Remove the second layer and spray the remaining layer with water to maintain moisture.

+ Wet wrap in the bathroom – the steamy, warm atmosphere is the ideal environment.

+ Don't have bathwater too hot. Use a soft towel for drying, and pat dry gently.

+ To help young children to accept wrapping, give them a roll of bandage and encourage them to wrap their favourite soft toy, doll or Action Man.

+ Use 'distraction tricks' to help children stop scratching: making patterns on the skin when applying emollient; using water misters (available from florists and supermarkets) to keep Tubifast Garments damp on hot days; making up stories and rhymes and utilising distraction toys at key 'scratching times' such as long journeys.

+ Keep house temperatures cool and ban pets from bedrooms.

+ Keep fingernails short, and file jagged edges.

<sup>1</sup> IMS Marketing Data, 2003

<sup>2</sup> Venables J, Bridgman A, Powell S. Wet Wrap Dressing, To Assist with the Management of Atopic Eczema in Children 1995; 4th Conference in Advances of European Wound Management

<sup>3</sup> Goodyear HM, Harper JI, Spowart K. Wet Wrap Dressings for the Treatment of Atopic Eczema in Children. British Journal of Dermatology 1991,125 (6): 604