

CASE STUDY ONE

COMFIFAST™ EASYWRAP™ GARMENTS



Wet wrapping therapy using Comfast Easywrap Garments can be a powerful tool in managing severe atopic eczema.

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THE PATIENT AND THE PROBLEM

A 7-year-old Asian girl presented with eczema on her limbs with erythematous, excoriated patches on the ante cubital fossae, forearms, popliteal fossae, lower legs, dorsum of the feet and torso. Localised lichenification with some oozing and crusting occurred on forearms and wrists. Swabs identified penicillinase-producing Staphylococcus.

Nighttime itching caused significant sleep disturbance, affecting concentration in lessons and progress at school. Patient assessment revealed a shy, miserable, depressed child and quality of life for both patient and parents was profoundly affected.

Previous flare-ups were unsuccessfully treated by the GP using a variety of topical agents and oral antibiotics

THE TREATMENT GOAL

The immediate treatment priority was to manage the infected eczema. The overall treatment goal was to reduce the severity of the itch scratch cycle by managing the general skin dryness.

THERAPY RECEIVED

ACUTE PHASE TREATMENT included oral flucloxacillin (10 days), a potent topical steroid cream (14 days) (Elocon, Mometasone Furoate) with Epaderm cream used on exuding skin. Oilatum Plus was used for bathing and Atarax (Hydroxyzine Hydrochloride, 15mg) used at night for the severe pruritus.

Key benefits of wet wrapping with Comfast Easywrap Garments:

- ✓ Creates a physical barrier - preventing further damage to fragile skin
- ✓ Helps soothe patient skin, delivers a cooling effect and reduces the eczema associated itching - improves patient quality of life
- ✓ Reduces the frequency for re-application of anti-inflammatory skin creams / emollients
- ✓ Keeps skin moisturised and hydrated



SECOND PHASE TREATMENT

Once the infection was under control, the strength of topical steroids was stepped down to Eumovate ointment. For the next 7 days Eumovate ointment and emollients were applied to the skin every 24 hours and covered with wet wrapping **Comfifast Easywrap Garments** which remained in place for 24 hours before the ointments were re-applied. This addressed the severe lichenified inflamed eczema on the limbs and the generalised dry skin. The patient and parents were taught to apply the **Comfifast Easywrap Garments** as wet wraps which enabled treatment at home.

After 7 days 1% hydrocortisone replaced Eumovate and the wet wrapping continued for a further 7 days. Frequency of application reduced to once every 48 hours with the **Comfifast Easywrap Garments** remaining in place between reapplication of steroid creams and emollient. To prevent further recurrence the patient was encouraged to continue the use of emollients under the **[Comfifast]** wet wrap at nighttime and on weekends.

CLINICAL OUTCOME

After two weeks the infection had cleared and the lesions started to heal. At six weeks all lichenification had completely resolved, 90% of the eczema had cleared with a single patch of dry skin remaining on the right forearm. Itching had reduced significantly and the patient accepted the **Comfifast Easywrap** wet wrap garments due to their cooling effect. **The parents reported that the garments provided a physical barrier which prevented further trauma to the fragile skin.**

The ready made **Comfifast Easywrap Garments** made wet wrapping quick and simple for the parents and offered freedom from daily re-application of creams and ointments. Wearing the garments in bed helped relieve itching and promoted uninterrupted sleep.

At the six month review skin was well-moisturised and eczema free. The patient reported improved concentration and attention in class, resulting in good exam results. Parents reported a less anxious, more cheerful, and sociable child.

This case study demonstrates that when used as part of a holistic treatment plan, wet wrapping therapy using Comfifast Easywrap Garments can be a powerful tool in managing severe atopic eczema. In this case using Comfifast Easywrap Garments helped improve the patient's itch scratch cycle, their eczema, and overall well-being.



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