

Recommendations for hand dressings in inherited epidermolysis bullosa

Heading Video under the responsibility of the French network for rare skin diseases FIMARAD

Video link

MESSAGES TO TAKE HOME

- Which patients? Patients with dystrophic forms (risk of fingers fusions)
- Pain or anxiety medications: with the appropriate delay before dressing
- Prepare the equipment: to gather the supplies
- The child must not be hungry: feed the child before the treatment
- Provide entertainment: music, cartoon...to create the best possible environment
- Take off jewelry, dress comfortable
- Tying back your hair
- The procedure is clean, not sterile
- Prepare a bin or bag for soiled items
- Non-adhesive dressings and bandages to keep the dressings in place
- Massage with emollient cream and Vaseline
- Cut the dressings in an appropriate manner (adapting the width of cuttings) to separate fingers
- Put the dressing and tubular bandage or small size tape, change the dressing position every time if possible; make a small hole for the thumb
- Avoid constricting the blood flow in the wrist
- Keep the hand and fingers mobile
- Check fingers, hand and wrist mobility after dressing, ask for child's feelings
- Encourage patients to participate

Learn more on: www.debra-international.org