

CASE STUDY THREE

COMFIFAST™ EASYWRAP™ GARMENTS



“She thinks the [Comfifast Easywrap] garments are great! Her skin is the best it’s been since she developed [guttate psoriasis] six months ago and I’m sure that’s a direct reflection of the new garments.”

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THE PATIENT AND THE PROBLEM

An otherwise healthy 11 year old Caucasian girl was diagnosed with guttate psoriasis which presented as a large number of flat red scaly patches on her trunk and chest following a severe throat infection. Examination revealed numerous small round scaly red tear drop like papules mostly on the trunk and upper thighs. Her finger nails were affected with pitting and there was one area of oil stain dystrophy on the nail.

Both mother and daughter were distressed by the onset of the psoriasis with the mother stating that “I feel particularly uncomfortable when people tend to stare at my daughter’s rash”. The patient felt disfigured by her psoriasis and also reported that some classmates had been staring at her and teasing her about her skin condition.

In this case the physical impact of the psoriasis on the patient was not significant, with the patient reporting moderate itching however the patients psychosocial welfare was impacted as she was very conscious about the rash and the flaky skin.

THE TREATMENT GOAL

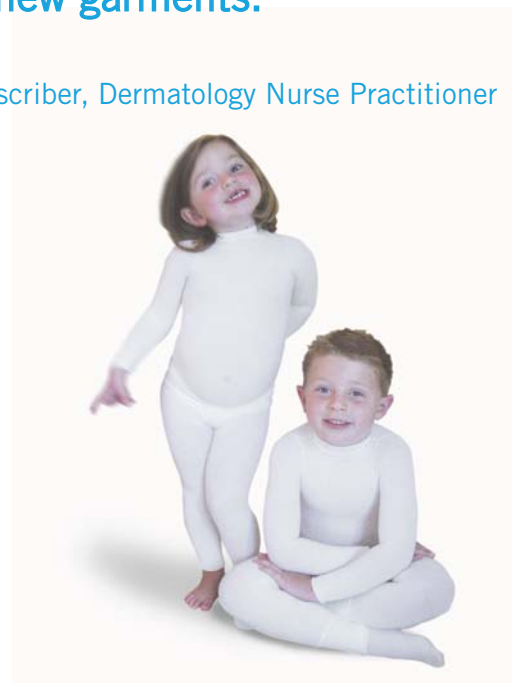
The treatment goal was to reduce the psoriasis and where possible to return the skin to its normal condition. Better management of the underlying psoriasis would improve the appearance of the skin and thereby reduce the psychosocial impact on both patient and parent.

THERAPY RECEIVED

In view of the total body surface area involved and to prevent systematic absorption of topical treatments [namely steroids, vitamin D etc.] when applied under occlusion, we opted for a mild tar preparation namely Exorex lotion (twice daily) in combination with emulsifying ointment nocte and Balneum plus cream during the day. All medications were applied under occlusion [using **Comfifast Easywrap Garments** (11-14yrs)] to enhance penetration (absorption) and increase control of the skin condition.

CLINICAL OUTCOME

After 2 months the psoriasis had improved considerably and the patient was advised to continue treatment for a further 3 months, by which time she was clear of all rashes. To prolong remission the patient was asked to continue with the emollient regime and to treat any throat infection immediately. The patient has remained psoriasis free for the last 2 years.



CLINICAL OUTCOME

Dry wrapping with **Comfifast Easywrap Garments** helped minimise any smell from the medications and prevented staining on clean clothes. The **Comfifast Easywrap Garments** are lightweight, comfortable to wear and were easily concealed under the school uniform. When coupled with accurate information and training in the correct application techniques this ready solution to dry wrapping is quick and uncomplicated to apply, lending itself well to self application or application by a carer. The simplicity of the garments coupled with their comfort and performance helped aid patient concordance with treatment.

The patient and her mother were delighted to have found a quicker, simpler and less traumatic way to dry wrap using **Comfifast Easywrap Garments**. The patient reported that the garments were discreet, comfortable to wear under nightwear and school uniforms without anyone noticing and thus helped to promote fully active days and restful nights.

The patients mother was delighted with the **Comfifast Easywrap Garments** saying;

“She thinks the garments are great! Her skin is the best it’s been since she developed the rash six months ago and I’m sure that’s a direct reflection of the new garments. They work just like bandages, but take less time to put on. The rash is completely covered by the leggings and the vest, which means the treatment [namely exorex] and the emollients stay on, particularly on those hard to reach areas”

The patients mother also reports that the **Comfifast Easywrap Garments** together with the emollient keeps the skin hydrated and helps to reduce inflammation and itching.

Key benefits of dry wrapping with Comfifast Easywrap Garments:

- ✓ Prevents the transfer of emollients, creams and paste to the patients clothes
- ✓ Easy to use and quick to apply for the patient / carer
- ✓ Discreet when worn under clothing
- ✓ Ready made so no need to ‘customise’ bandages or wraps
- ✓ Remains in place without the requirement for additional fixation (pins / tape / ties etc)
- ✓ Aids absorption of emollients / creams etc to help keep skin moisturised and hydrated
- ✓ Increases patient concordance with treatment due to simplicity of use, comfort, discreet and highly effective

