



GOULD-JACOBSON DERMATOLOGY

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OPEN WET DRESSINGS/COMPRESSES

Buy DOMEBORO TABLETS OR DOMEBORO POWDER PACKETS in the pharmacy. No prescription needed.

Dissolve one DOMEBORO tablet or one packet of DOMEBORO powder in a pint of cold water. This will make a cloudy solution, which may be kept for 3 days.

Use finely woven 100% cotton material for the open wet dressing. This may be a handkerchief, a torn sheet or pillowcase, a T-shirt. Do **NOT** use gauze—it is too coarse.

Pour some of the solution into a pan. Put the cloth into the solution and wet it thoroughly. Now wring it out to avoid dripping, but keep it pretty wet. Fold the cloth double and apply to the skin.

Remove after 5-10 minutes. Remoisten compress and re-apply for another 5-10 minutes. Remove, remoisten and re-apply for another 5-10 minutes (**20-30 minutes total time**). Do not squirt or pour solution over compress while it is on the skin.

Apply the wet dressing to the affected skin area for 30 minutes 4 times a day. The more of this wet dressing treatment you do, the faster your skin will heal. As evaporation takes place from the wet cloth, your skin disorder is cleansed, cooled, and helped towards healing.

If you have any questions about the healing process, please do not hesitate to contact us at 650-327-5783.