

## Clothing in the case of EB

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Clothing plays just as important a role for people suffering from EB as for healthy ones. Provided it is comfortable and breathable it can add a lot to the patients comfort. On one side I would like to give some tips concerning the topic of clothing, on the other advert to the products of DermaSilk®, a relatively new medical silk.

### 1. General tips for well adapted clothing:

- Soft and agreeable to the skin.
- Easy to put on and take off, wide necklines.
- No pressure points due to buttons, zips, buckles or seams.
- Not too warm as sweating encourages blistering.
- Favour breathable materials. Cotton, silk and viscose are especially suitable as well as more modern materials as used in sports. Good experiences have been made with clothing made of Sensicell® from Huber and DermaSilk® (see below).
- Blended fabric with stretch may not be breathable, but soft and well fitting.
- But take care: clothes may stick to the skin if the fabric contains too much spandex!
- Especially with babies it has proved useful to turn clothing inside out in order to avoid rubbing seams.
- Naturally, depending on taste and age, the clothing should look attractive or “cool”!

### 2. Aids to make dressing more easy

- Velcro fastenings instead of zips or buttons.
- Loops sewn into the sides to ease the pulling up of trousers.
- Elastic bands instead of waistbands.
- Velcro fastenings can be lengthened with straps.
- Zips can be fitted with key rings or loops.
- To ease zipping clothing can be fitted with slings at the bottom to counteract the pulling motion. To enable independent dressing possibly do not unzip zips completely.
- Use larger buttons.

### **3. DermaSilk®**

For about one year we have been passing DermaSilk® clothing to interested people to try out. Mr. Montagner from Alpretec (the company which developed DermaSilk®) kindly provided us with a lot of free samples. It soon became obvious that DermaSilk® was received by many of the afflicted with pleasure not only due to the wearing comfort but also because it additionally reduced itching.

To objectify these impressions we made a survey (at this point: thank you to those who joined in) and came to the following conclusion:

11 out of 12 people experienced DermaSilk® as comfortable and agreeable to the skin, 8 out of the 12 noticed a considerable reduction of the often tantalising itching. One child was completely relieved of the itching sensations which were especially strong at night and was actually able to renounce medicative therapy.

#### **What is DermaSilk® exactly?**

DermaSilk® consists of silk. The fibres of natural silk are long and smooth, hardly create friction, are pliable and have an agreeably cooling effect. In addition the DermaSilk® fibres have been doped with the innovative antimicrobial substance AEGIS®, which destroys germs through an electronic short-circuit and consequently prevents infections and the settling of microorganisms.

To receive the best effects DermaSilk® should be as close to the skin as possible beside the bandages. Therefore the clothing should not be too large and a close fitting size should be bought.

The offered products range from romper suits, pyjamas, underwear and socks to gloves and bandage tubes. DermaSilk® is registered as a class 1 medical product and is available in medical specialist shops (such as: Bständig, Heindl, Tappe).

Alpretec®, the Italian manufacturer of DermaSilk®, has also developed special bedding (Microair®). It consists of a cooling, synthetic material which has also been worked with the AEGIS® substance. Kindly the EB House Austria has been provided with some test examples. Beside pillowcases and duvet covers as well as sheets, a waterproof but breathable cover for mattresses is available. In most cases a basic equipment of pillowcase (as the face is most likely to make contact with the bedding) and mattress cover, depending on how much the wounds bleed or rather secrete, is most sensible. The first responses we have received from our “testers” were predominantly positive.

Closer information about DermaSilk® can be found on the [www.dermasilk.at](http://www.dermasilk.at) homepage, information in Italian on the Alpretec® Italian homepage ([www.alpretec.com](http://www.alpretec.com)).

Obviously we from EB House Austria are also available for further information be it DermaSilk®, Microair® or clothing in general!



Pictures: DermaSilk®