

## CLOTHING AND JEB generalized severe

### 1. Introduction

Clothing plays an important role in the lives of those affected by EB as much as people with normal skin. You can contribute much to your personal wellbeing when the clothing is comfortable and conforms to your personal taste.

On the other hand, special demands on the material are required in EB. Due to the resulting friction, there can also be problems from rough seams, fasteners etc.



#### Important points in a nutshell

- **Soft and breathable materials are more suitable.**
- **Avoid rough labels, tight elastic and seams.**
- **It has been proven useful for some babies that turning the garments inside out reduces the friction from the seams.**

## 2. Tips for suitable clothing

- The materials should be soft and comfortable.
- Breathable materials are preferred as sweating can promote the formation of blisters. Particularly suitable are cotton, silk, viscose, and bamboo fiber.
- The experience with the use of linens from special skin friendly materials (e.g. Dermasilk®) has been good. Please ask your attending physician if this can be prescribed.
- Remove all labels and avoid rough seams, narrow cuffs and waistbands.
- It has been proven useful for some babies that turning the garments inside out reduces the friction from the seams.
- Both disposable and cloth diapers are suitable for babies. Some parents find that cloth diapers cause fewer blisters; others have had good experiences with very absorbent disposable diapers. If the cuffs of the disposable diaper lead to increased formation of blisters on the thigh, you can remove the cuff with a pair of scissors or you can protect the affected area with bandages.
- Make sure that your clothes are easy to put on and take off and have wide necklines.
- Buttons, zippers, buckles and seams can cause friction wounds. Therefore, they should be either completely avoided or carefully considered when problems occur.
- Do not dress too warm because the blister formation is enhanced by sweating.
- Blended fabric with stretch while not breathable is soft and cuddly!

- But be careful: too much spandex can lead to the clothing sticking to the skin!
- Prophylactic bandages can protect against rough seams and buttons.
- Onesies (rompers) and overalls have no narrow waistbands; knitted waistbands cause less friction.
- Socks made from soft, elastic material, without elastic cuffs are preferable.
- Pay particularly good attention with regard to the percentage of cotton or natural fiber in your socks when you are prone to sweating feet.