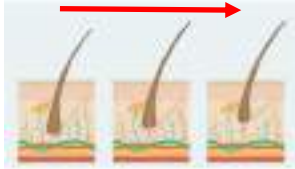


Do's

- ☑ Wear both the wet and dry pyjamas for at least two hours and twice a day as tolerated, to maximise its effectiveness.
- ☑ Apply moisturiser gently onto your skin, following the direction of hair growth to prevent pimples from forming.



☑ Continue with the therapy at home:

- ☑ This will help in allowing your skin to heal and recover.
- ☑ As your skin condition improves, the frequency of therapy can be reduced to twice a week.
- ☑ Only apply moisturiser to prevent an eczema flare or when your skin is dry.

Don'ts

- ☒ Do not wear the wet-inner pyjamas longer than the recommended time because this can cause your skin to break down.
- ☒ Do not rub or scratch your skin.
- ☒ Do not use high potency/strong steroids when you are on Double Pyjamas Therapy.
- ☒ Do not use this therapy on skin with multiple open wounds as it may lead to an infection.



National Centre for
Infectious Diseases
National Healthcare Group

16 Jalan Tan Tock Seng
Singapore 308442

T 6359 6021 (Ward 12E)
E contact@ncid.sg
W www.ncid.sg

© National Centre for Infectious Diseases, Singapore 2023. All rights reserved. All information correct as of August 2023. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of National Centre for Infectious Disease. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals

PECC-NCI-ED-2023-1761-v1

DERMATOLOGY - DOUBLE PYJAMAS THERAPY

WHAT YOU NEED TO KNOW



National Centre for
Infectious Diseases

What is Double Pyjamas Therapy?

- It is a type of therapy that helps to **rehydrate** (wet) and **soothe** (cool) the skin during an intense eczema flare that is accompanied by severe itch or pain.
- Two sets of long-sleeved shirt and pants are used in Double Pyjamas Therapy.

Who will benefit from Double Pyjamas Therapy?

- Individuals with:
 - **Severe eczema** – a skin condition that causes dry, itchy and inflamed skin or
 - **Psoriasis** – a skin condition that causes scaly patches on the skin
- Individuals who suffer from severe itch that it significantly disrupts their sleep.

When is Double Pyjamas Therapy done?

- Double Pyjamas Therapy is most effective when performed immediately after bathing, together with the application of prescribed topical medications.

How does Double Pyjamas Therapy help?

- **It cools the skin** by allowing water to evaporate from the pyjamas and provides relief from skin inflammation, itching and soreness.
- **It improves the absorption of topical medications**, maximising their effectiveness.
- **It promotes long-lasting moisturising effects** by reducing water loss caused by inflamed skin (eczema or psoriasis).
- **It acts as a protective barrier that prevents skin damage** caused by scratching, which you may not be aware of during sleep.

Steps for Double Pyjamas Therapy

Step 1 – Shower

- Use a cleanser (removes dirt from skin) prescribed by your doctor when showering.
- Pat your skin dry after showering.



Step 2 – Topical Application

- Apply topical medications as prescribed by your doctor, followed by a generous amount of moisturiser over your skin.



Step 3 – Wet Inner Pyjamas

- Wet a set of pyjamas with warm water and squeeze it thoroughly.
- Put on the WET pyjamas.
- Ensure the pyjamas are in good contact with your skin.



Step 4 – Dry Outer Pyjamas

- Put on the DRY pyjamas over the wet inner pyjamas.
- Leave the pyjamas on for at least two hours or until the inner set is dry.



Step 5 – Remove Pyjamas

- Remove both the inner and outer pyjamas.



Important to Note:

- ✓ Both the inner and outer pyjamas can be worn overnight to reduce itchiness.
- ✓ You are recommended to perform double pyjamas therapy twice a day.