

TheraTogs Technical Highlight

Remember to:

- Decrease TheraTogs wear time during the hottest times of the day
- Monitor and physically check how wet the TheraTogs become from sweating, remove immediately when damp
- Wash the TheraTogs garments and especially the TogRite straps when it is hot and humid

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Prickly Heat Rash, Bumps or Blisters

Children's skin can be quite sensitive to heat. It is common for nursing mom's to discover this, especially in the summertime, when their baby's face turns red where it is against the mother's skin.

This redness comes from blood vessels in the area dilating to cool the skin down. Cooling the skin usually makes the rash disappear within hours, or even sooner. However, you may feel residual bumps on the skin.

Prickly heat (miliaria rubra) is a type of heat rash that lasts. In most cases of malaria rubra the pores of the sweat glands get plugged, resulting in tiny pink bumps or even water blisters. These bumps tend to show up on covered parts of the skin, especially where there is friction from clothing.

Prickly heat rashes can be commonly found on the forehead (under caps or visors); body folds, the upper back and chest, and the arms.

Prickly heat is most common when it is hot and humid. Applying oils and ointments (sun block, lotion, diaper creams) makes prickly heat more likely (and take longer to clear up).

Suggestions and solutions for addressing prickly heat rashes, bumps or blisters are provided below. If you are concerned with the appearance of the rash, consult your family physician.

Suggestions for TheraTog Use and Decreasing or Minimizing Heat Rashes

1. Frequent cool showers or cool baths with mild soap can help to prevent heat rash.
2. Use Stri-Dex Acne Medicated Sensitive Skin Pads; the salicylic acid helps to unplug the pores (use after washing with cool water on areas with bumps)
3. Hydrocortisone cream (not ointment) can help with itching.
4. Sometimes antihistamines are needed for the itching (and sleep).
5. If the rash is infected, antibiotics may also be needed (consult your doctor).
6. Use cornstarch, lightly dusted when wearing TogRite, but not on the garments.
7. Trim garments with holes to allow for heat release
8. Wash and DRY garments frequently, when washing, put in copious amounts of water and use hydrogen peroxide after an initial wash to remove yeast/molds, bacteria that can reside on the foam or the TogRite straps.
9. With treatment, prickly heat should disappear within 2 or 3 days (consider not wearing togs for 7 days to allow the skin to clear up).
10. Minimize wear schedule to early mornings or late at night.
11. Monitor the garments, check to make sure they are not damp. Once damp, remove the Togs and launder.