

Wet Wrap Therapy

What is wet wrap therapy?

Wet wrap therapy helps treat eczema (atopic dermatitis).

Wet wraps can help:

- Moisturize the skin
- Increase absorption of topical steroids into the skin, so more medicine is delivered to the affected areas
- Act as a barrier to keep your child from scratching, which can help your child sleep better

When are they used?

Wet wraps are usually for severe eczema flare-ups.

- We wraps are usually used for 3-5 days, but can be used up to 10 days.

What supplies do I need?

Before you do a wet wrap, gather these supplies:

- Topical steroid ointment prescribed by your child's healthcare provider
- Topical antibiotic ointment prescribed by your child's healthcare provider
- Moisturizer (emollient): we suggest a clear, greasy ointment like Vaseline.
- Two layers of a wrap of your choice: one for a wet layer and the other for a dry layer.

What kind of wrap do I choose?

Choose the wrap that works best for the part of the body you are covering. Here are some examples:

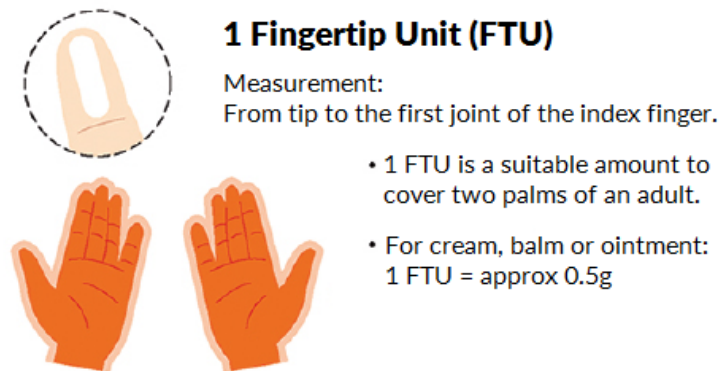
- Gauze: for any body area, but can be expensive
- Fitted cotton pajamas: for more widespread rash
- 100% cotton socks: for stubborn eczema on the hands or feet
- 100% cotton adult socks: if you cut a small hole in the toe of an adult sock, the wrap will fit easily over an arm or a leg. Move it up or down as needed.
- Wraps must be new (never previously used as socks) and bleached with a 10% bleach solution in between uses.

How do I apply the wet wrap?

- It is best to apply a wet wrap after a bath. Because wet wraps can take a long time to apply, your child may resist putting them on. Rewards (positive incentives) can help.
- If your child does not tolerate having their wet wrap on overnight, try to apply it during the day when they have a distracting activity to do (such as watching a movie).

Steps for applying the wet wrap:

- 1) Combine one finger-tip unit of steroid ointment and one finger tip unit of antibiotic ointment, mix together and use to cover one palm's worth of skin.



- 2) Apply a generous layer of moisturizer (emollient) cover the area



- 3) Soak one layer of wrap in warm water.
- 4) Wring out excess water until it is slightly damp.
- 5) Wrap the affected area with this wet layer. Make sure it is not too tight.
- 6) Immediately put the dry layer on over the wet layer. Do not cover with plastic.
- 7) Try to keep your child in a warm environment or cover them with a blanket, so they don't get cold.
- 8) Wet wraps are sometimes left in place overnight, but your child's healthcare provider might ask you to leave it on for 1 or 2 hours. As always, follow the specific advice of your provider for frequency and duration of wet wrap therapy.
- 9) Throw away used gauze wraps. You may cotton reuse wraps after washing with 10% bleach.
- 10) If you have any questions or concerns, contact your child's provider.
- 11) If your child's skin ever looks worse after a wet wrap (more red/hot/itchy) you need to seek same day assessment from your health care provider or a walk in clinic (this can be a sign that the skin is infected).