

Eczema Wet Wrap Instructions

Wet Wraps can be an effective way to address Eczema exacerbations. They increase skin hydration, can promote medication absorption (if prescribed for this purpose), and function as a barrier to scratching.

Their use is mainly limited to significant flares since they are time consuming and many children are resistant to their application.

The Wet Wraps are left in place for at least 2 hours and ideally overnight. The process can be done one to three times per day as indicated by the severity of the exacerbation.

Supplies needed:

moisturizer such as Cetaphil, Cetaphil Restoraderm, Aveeno, or Cerave
topical steroid (ONLY IF Physician prescribed to be used with Wet Wrap applications)
2 layers of clothing – one for wet and one for dry

Examples:

- gauze wrap - can be expensive
- cotton sleepers
- pajamas
- Long Johns
- Men's Sport Socks with the toes cut off to be used on the arms and/or legs
- commercially sold products specifically for Wet Wrap applications

Application Process:

soak in clean warm water (NOT hot & NO soap) for 15 minutes

lightly blot dry

ONLY IF DIRECTED BY A PHYSICIAN, apply a thin layer of the prescribed topical steroid to the affected area

be sure to wash your hands after the application

consider using a tongue depressor or popsicle stick to minimize your exposure to the medication

apply a reasonably heavy coat of the moisturizer

wrap the affected area in the desired material that has been soaked in warm water then wrung out so it

is only slightly damp

immediately put on a "dry layer" of material – DO NOT USE PLASTIC

make sure the individual remains in a warm environment so as to promote a higher degree of humidity and comfort