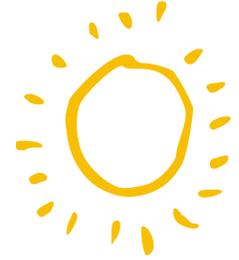


Wet Wrap Therapy for Eczema and Dry Skin

What is wet wrap therapy?

Wet wrap therapy is a useful tool in the treatment of eczema.



Wet wraps can help:

- Add moisture into the skin.
- Increase absorption of topical steroids into the skin, so more medicine can get 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 used for severe eczema flare-ups. They are most often used for only a few days at a time or as long as instructed. Wet wraps can also be used without topical steroids, to help moisturizers work better on areas that are very dry.

What supplies do I need?

Before you do a wet wrap, gather these supplies:

- Topical steroid ointment prescribed by your child's health care provider.
- Moisturizer (emollient) we often suggest using a clear, greasy ointment like Vaseline®, Aquaphor®, CeraVe®, or Vanicream®. There are also other options. Discuss these with your child's physician.
- Two layers of a wrap of your choice: one wet layer and one 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: This is great for any part of the body but can be costly.
- Fitted cotton pajamas: This is great for a more widespread rash. Make sure to use undyed cotton (white).
- 100% cotton socks: This can be helpful 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, you will have a wrap that will fit easily over an arm or a leg that can cover stubborn areas on the arms and legs.

How do I apply the wet wrap?

It is best to apply a wet wrap after a bath. Wet wraps can take a long time to apply and your child may resist putting them on. Positive rewards can help with this.

Steps for applying the wet wrap:

1. Apply the steroid ointment to your child's inflamed skin as directed. (Skip this step if your child's provider has asked you to apply wet wraps just for moisturization.)
2. Apply a generous layer of moisturizer (emollient) to the affected area, or as directed by your child's provider.
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, making sure that it is not too tight.
6. Immediately put the dry layer on over the wet layer. Do not cover with any other occlusive dressing.
7. Try to keep the 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 health care provider may ask you to leave it on for one or two hours. Consult your provider for recommended frequency and duration of wet wrap therapy.
9. Throw away used gauze wraps. You may wash and reuse cotton wraps.
10. If you have any questions or concerns, contact your child's provider.

Where can I find more information?

Visit Kids Health at kidshealth.org/parent and search for "eczema."

Want to learn more?

Make an appointment with the Allergy/Immunology Program at MemorialCare Miller Children's and Women's Hospital Long Beach by calling **(562) 933-8567**.

