

INSTRUCTIONS FOR “WET WRAPS”

“Wet wraps” can help turn off a flare of eczema or other processes that cause inflammation of the skin.

- Take a 15-minute soaking bath to hydrate the skin. Pat dry.
- Apply the topical cortisone cream or ointment, _____, to all the areas affected by the eczema.
- Cover these areas with wet, thin, 100% cotton fabric. A good way to do this is take thin cotton long-johns that fit snugly on the skin. Get them completely wet with warm water, wring them out, and put them on and leave them on for one hour. It is okay to put on a sweatshirt or sweatpants over the wet cotton to avoid getting cold.
- After one hour, remove the wet clothes and apply your usual lubricating cream/lotion or Vaseline.

NOTE: It is easier to get children to do the wet wraps if they get to do something fun or special for the hour of ‘wrapping.’

Do this nightly for one week until instructed otherwise.