

WET WRAPS

PATIENT INFORMATION & INSTRUCTIONS

WHAT ARE WET WRAPS?

Wet wraps are wet bandages wrapped over emollients and/or topical steroid creams to areas of eczema.

HOW DO THEY WORK?

- **Cooling:** as water gradually evaporates from the bandages this cools the skin and helps relieve inflammation, itching and soreness.
- **Moisturizing:** emollients covered over with wet bandages are deeply absorbed into the skin to provide a longer lasting moisturizing effect.
- **Steroid absorption:** enhanced absorption of topical steroid molecules into both the superficial and deeper layers of skin occurs where inflammation is present.
- **Physical protection:** in addition, the bandages provide protection from the itching and scratching cycle, so that skin gets a chance to heal properly.

INSTRUCTIONS

- Immediately after a bath or shower, apply topical steroid cream provided by provider.
- After applying topical steroids apply a topical emollient (aquaphor, Vaseline).
- Wrap bandages, gauze, cloth or socks soaked in warm water over the top of the cream.
- Allow to sit 30 minutes to 1 hour then remove and rub in remaining cream.

BENEFITS OF WET WRAPPING

- Reduced itching and scratching
- Reduced redness and inflammation
- Skin re-hydration
- Better skin healing process
- Reduced steroid usage once the condition is controlled
- Improved sleep

OTHER RESOURCES

We work hard to publish only best patient education and comprehensive resources. We want to be your trusted source of all skin information. You will find additional educational information by scanning the following QR code.



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