

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 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

- 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

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