WET WRAP INSTRUCTIONS

Wet wraps with topical steroids are very effective at calming down a flare of eczema and can be done up to 7 days.

**Supplies:** 2 pairs of long-sleeved, long-legged pajamas, steroid cream/ointment (Rx), bland moisturizer (CeraVe, Cetaphil, Eucerin or Aquaphor)

1) Gently bathe the skin with lukewarm water for 5-10 minutes. Pat dry gently.

2) Immediately apply steroid cream or ointment _____________________ to RASH.

3) Follow with a generous layer of Aquaphor, Cereve, Cetaphil, or Eucerin CREAM to rest of skin.

4) Take a pair of long-sleeved, long-legged pajamas (or long underwear) and wet them with lukewarm water, wring out excess water, and put the wet pajamas on child. Pajamas should be cotton and white.

5) Cover wet pajamas with a second pair of dry pajamas.

6) Leave on at least 1 hour and repeat every 12 hours. Children may sleep overnight in wet wraps if possible, especially for severe flares.

7) Repeat the process every day for up to 7 days.

**Variations for different locations:**
- Warm, moist socks can be used for hands and feet.
- For older children: arms, legs, and trunk can be wrapped in warm, moist towels instead of pajamas.
- “Spot treatments” can be done for severe areas, such as knees and elbows using warm, moist cotton dishtowels or washcloths.

*Please contact our staff at Roseville Dermatology with any questions.*