

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 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.