



Wet Wrap Therapy

What is wet wrap therapy?

Wet wrap therapy is a useful tool in the treatment of eczema (atopic dermatitis) and psoriasis. Wet wraps can help:

- Put moisture into the skin
- Increase absorption of topical steroids into the skin, so more medicine is delivered to the affected areas
- Act as a barrier to keep from scratching, which can help the patient sleep better

When are they used?

Wet wraps are usually for severe eczema flare-ups. They are most often used for only a few days at a time, but can be used for longer as instructed by your healthcare provider. Wet wraps can also be used without topical steroids to help moisturizers work better on areas that are very dry.

What supplies do I need?

Before you do a wet wrap, gather these supplies:

- Topical steroid ointment prescribed by your healthcare provider such as triamcinolone 0.1% ointment
- Two layers of a wrap of your choice: one for a wet layer and the other for a dry layer.

What kind of wrap do I choose?

Choose the wrap that works best for the part of the body you are covering. Here are some examples:

- Gauze: This is great for any body area, but can be expensive.
- **Fitted cotton pajamas or scrubs: This is great for more widespread rash.**
- 100% cotton socks: This can be helpful for stubborn eczema on the hands or feet.
- 100% cotton knee-high socks: If you cut a hole in the toe of an adult knee-high sock, you will have a great wrap that will fit easily over an arm or a leg that can be moved up or down as needed.

How do I apply the wet wrap?

It is best to apply a wet wrap after a bath following these steps:

1. Apply the steroid ointment to inflamed skin as directed. (Skip this step if your provider has asked you to apply wet wraps just for moisturization.)
2. Soak one layer of wrap (gauze, pajama, sock, etc) in warm water.
3. Wring out excess water until it is **slightly damp**.
4. Wrap the affected area with this wet layer, making sure that it is not too tight.
5. **Immediately put the dry layer on over** the wet layer. Do **not** cover with plastic.
6. Try to keep the patient in a warm environment or cover them with a blanket so they don't get cold.
7. Wet wraps are sometimes left in place overnight, but your healthcare provider might ask you to leave it on for 1 or 2 hours. As always, follow the specific advice of your provider for frequency and duration of wet wrap therapy.
8. You may wash and reuse cotton wraps.
9. If you have any questions or concerns, contact your provider.