

HOW TO APPLY WET WRAPS

Wet wraps can help put water back in the skin and calm the skin. They also help to decrease the itch and help you sleep. You can use wet wraps after bathing and applying the medications and moisturizers (see below).

All you need for wet wraps are something to be the damp layer and then a dry layer. This can be gauze, cotton pajamas, cotton gloves, or socks.

MEDICATION: _____

MOISTURIZER: _____

- 1** Take one pair of onesies, pajamas, gloves, and/or socks and soak it in warm water.



- 2** Wring out the onesies, pajamas, gloves, or socks until they are only slightly damp.



- 3** Put the damp onesies, pajamas, gloves, or socks on. Then put the dry onesies, pajamas, gloves, or socks on top of the damp layer.



- 4** Make sure the room is warm enough before you go to sleep.



When can I stop treatment?

Once the itchy, red, or scaly rash has significantly improved, you can stop. Usually wet wraps are applied only 3-5 days at a time. However, since atopic dermatitis is a long term condition, it is important to follow your Eczema Action Plan daily to help prevent things from flaring up again.