Wet wrap therapy is when you use wet dressings to help with eczema symptoms. The steps to apply a wet dressing are described in this pamphlet.

Wet dressings can be an important part of managing eczema symptoms.

When to use wet dressings:

When recommended by your dermatologist.

Most parents that use wet dressings for their children's eczema are happy with the result.

For more information refer to:

Royal Children's Hospitalwet dressings www.rch.org.au/derm

Seattle Children's Hospital: Patient and Family Education www.seattlechildrens.org

NOTES

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A step-by-step guide to

WET WRAP THERAPY

Disclaimer: The recommendations provided in this document are based on up-to-date evidence and expert opinions; but the educational material given here is NOT a substitute for clinical judgment that is required of individual patients. For more information, please consult a doctor.

Wet wrap therapy is used for eczema flare-ups that are moderate to severe. Wet dressings help to increase the moisture in your child's skin. They also help to relieve itching and burning.

Wet dressings help skin medications get into your child's skin. They also act as a barrier to protect the skin from scratching. This can help flareups heal faster.

What you need for the wet dressing:

- The skin medication that was prescribed by the dermatologist (skin doctor)
- A pair of **fitted** cotton pyjamas for the inside layer of the wrap
- A pair of **looser** cotton pyjamas for the outside layer of the wrap



Follow these 8 steps to apply a wet dressing:

1. Your child should soak in a bath of lukewarm water for 10 to 15 minutes before applying the wet dressing.

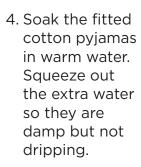




2. After the bath, gently pat the skin dry. Do not rub.

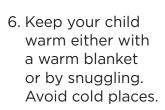


Apply the skin medication to the areas where there is a flare-up.





5. Dress your child with the wet pyjamas and immediately put on the dry pair of pyjamas over the wet pair.





7. After 1 to 2 hours, remove both pairs of pyjamas.



8. Apply moisturizer all over the skin and then dress your child in dry clothing.



Attention:

Do **NOT** apply a wet dressing on the face unless your doctor has told you to.

Do **NOT** apply a wet dressing when there is a skin infection.

Do **NOT** sleep overnight in wet pyjamas.