

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 flare-ups heal faster.

What you need for the wet dressing:

- The skin medication that was prescribed by the dermatologist (skin doctor)
- Moisturizer
- 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
- A blanket

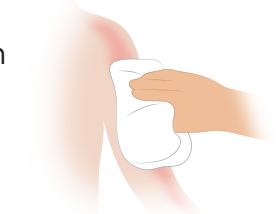


Follow these 8 steps to apply a wet dressing:

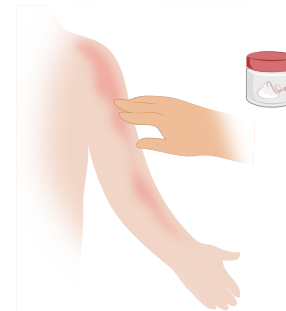
1. Your child should soak in a bath of lukewarm water for 10 to 15 minutes before applying the wet dressing.



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



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



4. Soak the fitted cotton pyjamas in warm water. Squeeze out the extra water so they are damp but not dripping.



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



6. Keep your child warm either with a warm blanket or by snuggling. Avoid cold places.



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

1 - 2 hours



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.