

Atopic Dermatitis/Eczema: Wet wraps

What is a wet wrap?

A wet wrap is a towel that has been soaked in warm water. It is put on skin that has been treated with an ointment. The wrap helps the ointment soak into the skin to help sore skin feel better.



What supplies do I need?

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| • 4 to 6 bath towels | • Prescription steroid ointment | • Warm water |
| • Plastic layer. A large garbage bag or a new shower curtain liner works well. For smaller areas, such as an arm, plastic wrap can be used | | |

How do I do the wrap?

An adult must stay with the child during the whole procedure.

1. Soak your child in a bath for 5 to 10 minutes. Only use fragrance free soap. Gently pat the skin with a towel. **Do not completely dry the skin.** Your child does not need a bath every time you do the wraps. You can start with step 2.
2. Put the plastic layer on the floor or a bed.
3. Put 4 to 6 bath towels in warm water. It is ok to soak them in the bath water.
4. Put a thick layer of the prescription ointment on your child's clean skin. Cover all of the affected skin.
5. Wring out the towels and put them on top of the plastic layer. Immediately have your child lie on the towels and wrap their entire body in the warm wet towels. **Do not wrap your child's head.** Wrap the plastic layer around the towels.
6. Cover your child with a blanket. Your child's body heat will keep them warm.
7. Your child should stay wrapped up for 15 to 30 minutes.
8. Repeat the wrap as often as the doctor recommends. Normally the wraps will be done 2 to 3 times each day for 1 to 2 weeks.

What are the benefits of wet wraps?

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| • Child's skin will be less dry. | • Reduces itching and pain. |
| • Reduces redness and cracking. | • Helps your child sleep better. |
| • Decreases bacteria on the skin. | |

ALERT: Call your child's doctor, nurse, or clinic if you have any concerns or if your child has:

- Weeping or oozing (leaking fluid), crusting or scabby areas of the skin.
- Signs of infection such as redness or swelling of the skin that increases or if there is pus.
- Special health care needs not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.