



## Wet Wraps

### 1. What is wet wrapping?

Wet wraps play an important role in the treatment of eczema. It involves the use of a double layer of cotton bandages, a wet inner layer and a dry outer layer. The cotton bandages are worn over anti-inflammatory topicals and moisturisers applied on the skin.

Wet wraps are essential when your child's eczema is severe (e.g. if he / she is unable to sleep at night, if there is blood on the sheets, or when eczema is still present despite treatment with topicals, moisturisers and bath oils). Early use of wet wrap will reduce the amount of steroid creams needed to control the eczema.

### 2. How does wet wrap help eczema?

Wet wraps work in three ways:

- (i) Evaporation: Cools the skin, relieve inflammation, reduce itching and discomfort.
- (ii) Rehydration: Improve absorption of moisturisers, and softens the skin.
- (iii) Protection: Barrier against scratching, thus allowing the skin to heal.

### 3. Items required for wet wrapping

- Bowl
- Tepid (lukewarm) water
- Bath oil (optional)
- Anti-inflammatory topicals (if prescribed)
- Moisturiser
- Tubular bandages / Body vest / Leggings

### 4. Steps to apply the wet wrap:

- (i) Wash your hands
- (ii) Measure the lengths of tubular bandages needed; two for each limb
- (iii) Fill the bowl with tepid water
- (iv) Add one capful of bath oil to the bowl (optional)
- (v) Soak one layer of bandage / body vest / leggings in tepid water and squeeze dry
- (vi) Apply anti-inflammatory topicals if prescribed (only two times per day)
- (vii) Apply moisturiser over the topicals and to the whole body and face
- (viii) Apply wet layer onto body
- (ix) Apply dry layer over wet layer

### 5. Note:

- As the moisture in the wet wraps dry up, do not leave the wraps on for too long as dry bandages will irritate the skin.
- Wet wraps may be applied as often as required to any area of the body with eczema. It can be re-wetted, and re-applied onto skin.
- Wet wrapping is best done during the day as re-wetting can be done.
- Wet wraps also ensure a better sleep when worn at night.



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Wet Wraps