

# Wet Wrap Therapy

**Wet wrap therapy** can be a useful tool for moderate to severe eczema. It helps to reduce itch by cooling the skin, and increasing skin hydration. It also serves as an effective barrier to prevent scratching and promotes a more restful sleep.

## When to use wet wraps

Wet wraps should be used when your child's skin feels very dry or itchy, particularly if they wake up at night due to the itch.

## Steps of Wet Wrapping

1

### Preparation

You will need:

- A bowl of lukewarm water
- Bath oils or soap-free cleanser
- Moisturiser
- Cotton towel
- Tubular wraps, 100% cotton form-fitting pyjamas or white cotton tube socks for hands and feet

Note: Prepare two sets. For tubular wraps, do measure your child's arms/legs and cut accordingly before bathing. One set should be slightly longer than the measured lengths on the child's arms/legs.



2

### Bathing

- Use bath oil or soap-free wash for bath
- Use cotton towels to pat the whole body dry

3

### Apply the moisturiser

- Apply moisturiser liberally to the whole body and face using a downward motion
- All areas of the skin should be well moisturised

4

### Apply the wet wraps

- Place the wraps into lukewarm water
- Wring the wet wraps and make sure that it is not dripping. Apply the wet wraps onto the skin while it's still warm and damp.
- Apply the dry wraps over the wet wraps
- Put on the child's own form-fitting pyjamas (100% cotton material) if sleeping in an air-conditioned room.

## Important information about the wet wraps

- Wet wraps should be prescribed by the treating physician, while training for caregivers will be done by Allergy nurses.
- Wet wraps are usually applied for one to two hours and then removed. Do not leave the wraps to dry completely as it can cause the skin to become even warmer, drier and itchier. If the wrap has dried out completely, spray water onto the wraps before removing them to prevent discomfort or skin injury.
- Wet wraps are usually needed, along with other treatment that the doctor has prescribed, until the eczema flare resolves. They can also be used for chronic severely dry skin as part of the child's regular treatment regimen as prescribed by his/her doctor.
- Wet wraps can be washed and reused.
- Please seek advice from the allergy nurse if you need help in applying wet wraps.