Wet Wraps for Atopic Dermatitis (Eczema)

Wet wraps for atopic dermatitis (eczema):
Wet wraps are wet bandages that are wrapped over topical steroids and moisturizers on the skin. This helps red, hot, irritated skin heal from atopic dermatitis (eczema).

Wet wraps should only be done if the doctor tells you to do them on your child. Using wet wraps over topical steroids can increase side effects of these medicines, such as thinning skin, stretch marks, and more absorption of the medicine. It is important to follow instructions carefully as ordered by your child’s doctor.

Wet wraps or dressings work in several ways:
• They help with the absorption of topical steroids and moisturizers in the skin.
• They help stop itching and soreness as the water evaporates from the wraps, causing a cooling effect on the skin.
• They help protect the skin from itching and scratching that can happen during the night. This helps the skin to heal.

How are wet wraps done?
1. Give your child a bath like you normally do.
2. After the bath, liberally apply ________________ topical steroid to the affected areas on your child’s body.
3. Then, liberally apply emollients such as petroleum jelly (Vaseline*) or Vanicream* to your child’s entire body.
4. Take cotton garments (for example, long johns) or bandages which have been soaked in warm water and place them over the top of the topical steroid and emollients on your child’s body. These garments or bandages should be damp but not soaking wet when you apply them.
5. Cover the damp garments with dry garments, such as cotton pajamas or cotton towels.
6. Have your child go to bed. You may need to keep the bedroom slightly warmer than usual to prevent your child from getting cold. As the water evaporates from the wraps, it can cause a cooling effect.

7. Repeat this for _______ nights in a row.

**Other things to know about wet wraps:**

Continue doing daytime treatments and face treatments for eczema as ordered by your child’s doctor.

Wet wraps are not for the face.

**Now that you’ve read this:**

☐ Tell your nurse or doctor how you will do wet wraps for your child. (Check when done.)

If you have any questions or concerns,

☐ call your child’s doctor or ☐ call ______________________

If you want to know more about child health and illness, visit our library at The Emily Center at Phoenix Children’s Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
www.theemilycenter.org
Facebook: facebook.com/theemilycenter
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Disclaimer
The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children’s Hospital urges you to contact your physician with any questions you may have about a medical condition.
**Wet Wraps for Atopic Dermatitis and Eczema**

Name of Health Care Provider: _______________________________
Date returned: ____________ ☐ db

**Family Review of Handout**

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? ☐ Yes ☐ No
Would you say this handout is easy to read? ☐ Yes ☐ No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? ☐ Yes ☐ No

Why or why not?

Would you do anything differently after reading this handout? ☐ Yes ☐ No

If yes, what?

After reading this handout, do you have any questions about the subject? ☐ Yes ☐ No

If yes, what?

Si usted desea esta información en español, por favor pídasela a su enfermero o doctor.

#1715
Is there anything you don’t like about the drawings? □ Yes □ No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
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602-933-1395

Thank you for helping us!