



How to: “Wet Wraps” for Eczema

Wet wrap therapy is a jump start treatment for acute flares of moderate to severe eczema. While in no means a cure, adding wet wrap therapy to your regimen can dramatically decrease the amount of time the patient will spend suffering with their current eczema flare. Results can be dramatic after one time, but it will usually take 1-2 days with wrapping 1-2x per day before major changes in the skin can be seen.

Wet wrap therapy consists of soaking and sealing the skin in the following way:

- The best time for a wet wrap is following bathing.
- Apply a liberal amount of your prescription or discussed alternative ointment/cream onto the affected areas. It’s important to be generous with this application leaving a visible layer on the skin.
- Apply warm damp towels/cloths (not your finest) around the affected areas hugging the skin. Let these wraps stay in place for at least 10-15 minutes (longer if possible; the longer you leave it on the more effective it will be).
- Remove the wraps and seal in the medicine with a layer of Vaseline or Aquaphor.

Why does it work? The layer of hot wet towels locks the moisture in, giving the ointments/creams time to completely saturate and penetrate the skin. In addition, as the water evaporates from the wet layer, it provides a cooling sensation for the skin, which can relieve the eczema itch.

