



## WET WRAPS FOR ECZEMA



## What are wet wraps?

Wet wrap is a bandaging technique that can be a useful tool as part of treatment 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 more restful sleep.

## When to use wet wraps

- Wet wraps should be used when your child's skin feels warm and itchy or if they wake up at night due to the itch
- No wet wraps if the lesions are weepy

## How to apply wet wraps

### Step 1: Preparation

You will need:

- A bowl of lukewarm water
- Bath oil/soap-free cleanser
- Moisturiser
- Cotton towel
- Tubular bandages, 100% cotton form-fitting pyjamas or white cotton tube socks for hands and feet clothing (need to prepare 2 sets and should be measured and cut before bathing).
- Measure and cut two sets before shower. One set should be slightly longer than the measured lengths on the child's arms/legs).





## Step 2 : Bathing

- Use bath oil/soap free washes to shower
- Then use cotton towels to pat dry the whole body



## Step 3 : Applying the moisturiser

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



## Step 4 : Applying the wet tubular bandages

- Place the tubular bandage into the lukewarm water
- Wring the tubular bandage and make sure that it is not too wet or dripping. Apply this wet tubular bandage while still warm and damp
- Then apply the dry tubular bandages
- Lastly, wear your child's own cotton form-fitting pyjamas if sleeping in an air-conditioned room.



## Important information about wet wraps

- Wet wrap dressing should be discussed and advised by the treating physician
- Wet wraps are usually used for a maximum duration of one week. The patient needs to follow up with the physician.
- Wet wraps are best applied at night. However, they can also be used during the day if the eczema is severe.
- Do not leave the wraps to dry as it can irritate the skin by causing it to become warm, dry and itchy. To avoid this, spray plain water on the dried tubular bandages before removing them to prevent discomfort/break in the skin.
- The tubular bandage can be washed and reused.

