



• A STEP BY STEP GUIDE •

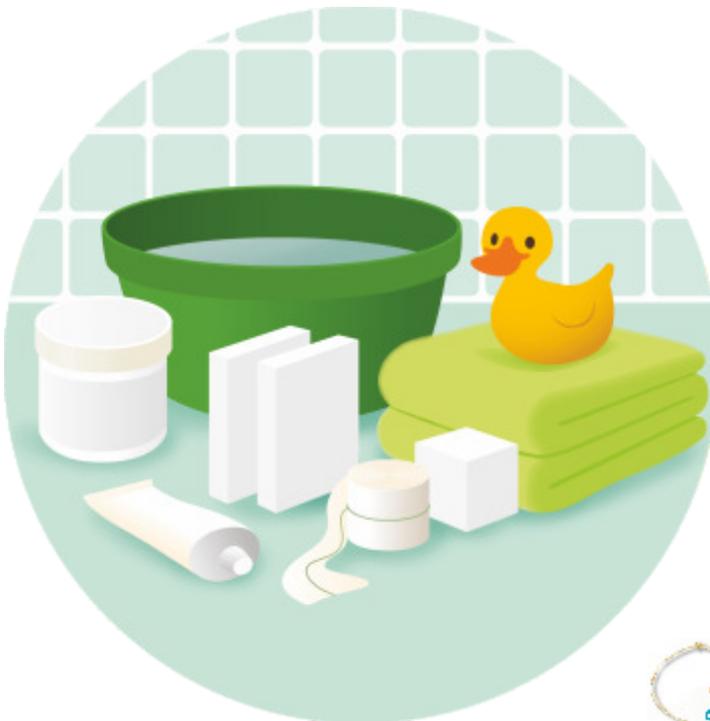
All information provided in this booklet is for your general information only.  
The wet wrapping therapy recommended by your medical specialist may differ to accommodate a patient's specific needs.

As the name implies, wet wrap therapy for eczema involves wrapping wet retention bandages or garments around eczema affected skin. This technique can be a very valuable component of treatment for widespread and localised atopic eczema. It can provide almost instant relief from the most intense itching and scratching. Its effectiveness requires a substantial commitment from both child and carer.

### Wet Wrapping works in three different ways

- **Cooling** – as water gradually evaporates from bandages/garments this cools the skin and helps relieve inflammation, itching and soreness.
- **Moisturizing** – emollients covered over with wet bandages/garments are deeply absorbed into the skin to provide a longer lasting moisturizing effect.
- **Steroid absorption** – enhanced absorption of topical steroids into the skin where inflammation is present.

Wet wrap therapy is generally used for a few days or for 1–2 weeks, depending on how the child responds to treatment.



The first step is to talk to your GP or medical specialist to see if this therapy is appropriate for your child's needs.

It is important to be constantly in contact with your doctor to review progress and immediately address any side effects.

### The Benefits from Wet Wrap Therapy for Eczema Relief are:

- Skin re-hydration
- Improved skin healing process
- Restful sleep
- Reduced redness and inflammation
- Less frequent itching and scratching
- Bandages/garments protect the skin against scratching
- Decrease of the Staphylococcus Aureus (staph) bacteria found on the skin which causes infections
- Reduced steroid usage once the condition is controlled



It is better to perform the wet wrapping one hour before bed time; however it can be used during the day if the eczema is very severe.

Wet wrap in the bathroom where it's warm and steamy. Soak your child in a bath with hypoallergenic bath oil or ointment/emollient.

The water should be lukewarm and the bath should last 5 to 10 minutes.

Do not use fragranced bubble bath or soap based products in the water.



**TIP: HAVE RELAXATION MUSIC AND FAVOURITE TOYS IN THE BATHROOM**

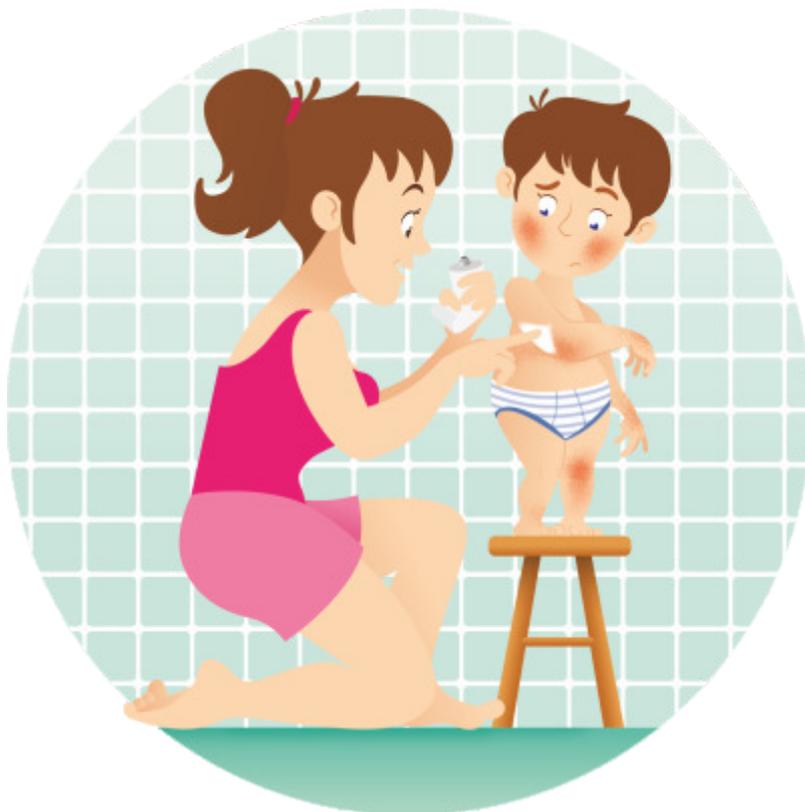


After bathing, pat skin gently with a towel.  
Do not rub skin as rubbing can irritate it.



**TIP: DON'T SHOW YOU ARE CONCERNED  
AND NEVER RUSH**

Apply localised medication (topical steroid/cortisone cream) or anti-inflammatory cream as directed by your GP or medical specialist.



**TIP: YOU CAN REDUCE THE  
RECOMMENDED AMOUNT A LITTLE**



Moisturize the skin with moisturizer/emollient/ointment, making sure to liberally and generously apply it all over the body, especially on the areas that need treating.

These can be applied over the topical steroid or anti-inflammatory creams.

The skin should be very moist when finished.



**TIP: USE GENTLE, CALM MOVEMENTS  
AS YOU APPLY THE CREAM**

Moisten the bandages/garments and wrap. These are generally moistened by soaking them in the bathwater.

Wring your bandages/garments out and make sure they are damp but not wet or dripping (or give them a quick spin in the washing machine).

Bandages are good for adults or for localised areas (patch wrap) while garments are better for babies and children.



**TIP: ADD SOME EMOLLIENT/OINTMENT  
IN THE WATER**

Wrap the wet bandages/garments on the affected area. Wet bandages/garments can be used on any area of the body that the child/adult will tolerate, including the face.

When using garments on babies or children, the seams must face outward.

Roll sleeves/leggings and trunk section up, put on and then roll them down gently.



**TIP: IT IS ADVISABLE TO USE PRODUCTS SPECIFICALLY MADE FOR WET WRAPPING\***

\*THERE ARE SEVERAL BRANDS AVAILABLE ON THE MARKET

Lock in moisture by applying dry bandages/garments over the wet ones.



Put on lightweight clothing or sleepwear.

**TIP: WEAR BREATHABLE FABRIC SUCH  
AS COTTON OR BAMBOO**



It is important to reward your child once finished.

You can:

- make a star chart and reward with stickers
- read their favourite story book
- give them an eczema friendly favourite food treat
- play their favourite game with them



Leave the wet and dry layer on for a minimum of two hours. Check the temperature of the room to ensure comfort.

It shouldn't be too hot, too cold, or too breezy (if there is a fan). Wet Wrapping will dry out after a few hours.

Do not leave the wrapping to dry out (unless your child is sleeping) as dry wrapping can irritate the skin by causing it to become hot, dry and itchy.

The wet wraps can be remoistened with a spray water bottle if necessary.

**TIP: YOU COULD CONSIDER USING A HUMIDIFIER AT NIGHT**





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