



LICHEN SIMPLEX WRAP

1. Apply _____ Cream (not lotion) all over the legs twice a day (not prescription).
2. Apply _____ (this is prescription) to thick rash twice a day, after the cream.
3. Wrap thick rash with saran wrap and use ace wrap to hold in place.

Leave saran wrap (with ace wrap) in place until time to shower or time to reapply (up to 12 hours at a time).

Complete the wraps for 10 days.

Do not scratch or rub rash.

Please contact the office with any questions or concerns.