



WET WRAPS

Useful for severe eczematous eruptions, erythroderma

INSTRUCTIONS:

- Shower/bathe in recommended soap first to moisten skin.
- Pat skin dry. DO NOT RUB DRY.
- Immediately apply your prescription cream or ointment.
- Submerge small towels (that have been washed in a FREE & CLEAR detergent) in warm water and wring out excess water.
- Wrap the affected area in warm (not hot) towels and leave on for 90 minutes.
- Cover wet towels with a dry blanket or plastic wrap.
- Remove the towels after 90 minutes. Leave the cream/ointment on.
- Repeat daily 1-2 times as instructed by your physician.
- May apply a moisturizing ointment such as Vaseline or Aquaphor throughout the day.
- For small children, you may apply tight-fitting pajamas or Long-Johns instead of towels.

Please contact the office if you have questions or concerns.