



Wet Wraps at Home

Introduction:

Wet wraps are a very cost-effective home treatment for your skin rash because they can prevent flare-ups (which may result in hospitalization for control) and/or make it so you can use less of your topical medications. The dressings are applied either daily, whenever needed, or as recommended by your provider. Wet wraps can be done quite easily at home without added expense, other than the topical steroid medication ordered by your physician, by using items already at hand. A topical steroid is a medicated vanishing cream that is applied to the skin then absorbed, causing the desired effect on the surface of the skin as well as underneath. It will be up to you to adapt the home treatment to fit your lifestyle and to meet your physical and psychological needs.

Purpose of wet wraps:

The effect of wet wraps is to enhance absorption of the medicine into the skin and to increase blood flow to the skin which in turn helps your skin eruption heal faster. Your provider will advise you on the use of a topical steroid medication and lotion, as well as the frequency of wet wrap applications. However, the topical steroid is a medication with undesirable side effects. It has no moisturizing qualities and consequently is not to be used in place of lotion. Discontinue using the steroid and notify your physician if any of the possible side effects develop such as burning sensations, itching, irritation, excessive dryness, or raw areas on the skin.

Supplies:

- 1) Comfortable reclined seat: chair, bed, hammock, or TV room.
- 2) Water absorbing cotton blankets, cotton sheets or cotton towels.
- 3) Extra blankets for warmth, if needed.
- 4) **Clean wraps:** Cotton towels or old cotton clothing such as T-shirts, cotton underwear, cotton long sleeve and long leg pajamas, socks, gloves, scarves, etc.
- 5) Topical steroid medication and lotion (i.e., CeraVe Cream)
- 6) Other medications, if ordered by your provider.

Procedure:

- 1) You may want to cover your bed, furniture, or resting area with a plastic sheet to prevent soiling of the furniture.
- 2) Apply topical steroid medication as ordered by your provider and then secondly the lotion to your skin eruption.
- 3) Soak the wrap (i.e., cotton towel or clothing) in a warm tap water. Wring the excess solution. Leave the wrap in a ball to retain warmth until you are ready to apply them.
- 4) Put the wraps on one at a time beginning at the feet. Immediately cover each stress area with a second cotton blanket to prevent chills. Add extra blankets if needed, get comfortable; leave the wrap on for the approximately 30 minutes.
- 5) At the end of the treatment remove each wrap. Rinse and hang dry. Laundering wraps for each use is not necessary unless open, draining, or infected lesions are present on the skin.
- 6) Apply topical cream and moisturizing lotions as directed by provider.