

# Atopic Dermatitis, Noninfected - Wet wraps

## Wet wraps:

- are used to help moisturize and soothe the skin.
- **TO BE USED WITH TOPICAL STEROIDS AND MOISTURIZERS ONLY. (Not with Protopic or Elidel)**
- For a demonstration of how to apply wet wraps, see the [instructional video](#).

## The Basics:

<ol style="list-style-type: none"> <li>1. Apply medication (closest to the skin)</li> <li>2. Apply moisturizer (over the medication)</li> </ol>	<ol style="list-style-type: none"> <li>1. Apply wet wrap</li> <li>2. Cover with dry item</li> </ol>
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<p><b>Wrap Materials:</b></p> <ul style="list-style-type: none"> <li>• Choose an item that will cover the affected skin area</li> <li>• Moisten with warm tap water</li> <li>• Wrap should be wet but not dripping</li> </ul>	<p><b>Cover Materials:</b></p> <ul style="list-style-type: none"> <li>• Choose an item that will cover the wet wrap</li> <li>• If the patient is old enough to keep items out of the mouth, <b>plastic wrap can be used to cover the wet wrap</b></li> <li>• If the patient tends to chew on things, <b>DO NOT use plastic wrap</b></li> </ul>
<p><b>Hands and feet:</b></p> <ul style="list-style-type: none"> <li>• White socks</li> </ul>	<p><b>Hands and feet:</b></p> <ul style="list-style-type: none"> <li>• White socks</li> </ul>
<p><b>Whole body:</b></p> <ul style="list-style-type: none"> <li>• White pajamas with feet (may try putting pj's on backwards; turn the feet around)</li> <li>• Long johns</li> </ul>	<p><b>Whole body:</b></p> <ul style="list-style-type: none"> <li>• Pajamas with feet</li> <li>• Sweat suit</li> </ul>

<b>Face:</b> <ul style="list-style-type: none"> <li>• Washcloth cut as a mask</li> </ul>	<b>Face:</b> <ul style="list-style-type: none"> <li>• Tube gauze</li> </ul>
<b>Arms or legs:</b> <ul style="list-style-type: none"> <li>• Long tube socks</li> <li>• White bedsheet torn in narrow strips</li> <li>• Washcloth Towel</li> </ul>	<b>Arms or legs:</b> <ul style="list-style-type: none"> <li>• Long tube socks</li> </ul>

**TIPS:**

- Children like to take part in the process. Let the patient apply the moisturizer or wet the wrap if able.
- **Never** wrap any area of the body too tightly.
- It is okay if the patient falls asleep in the wrap. Remove it when they wake up.
- **Never** leave a wrap on the face of a small child while they are asleep unattended.
- Distractions during wet wraps may be helpful, such as asking the caregiver to:
  - Read a book
  - Watch TV or a video
  - Listen to music
  - Sing songs

*These guidelines do not establish a standard of care to be followed in every case. It is recognized that each case is different and those individuals involved in providing health care are expected to use their judgment in determining what is in the best interests of the patient based on the circumstances existing at the time. It is impossible to anticipate all possible situations that may exist and to prepare guidelines for each. Accordingly these guidelines should guide care with the understanding that departures from them may be required at times.*