



NATIONAL
Eczema
ASSOCIATION

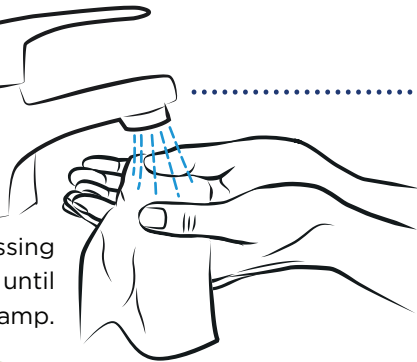
Wet Wrap Step-By-Step

During particularly intense eczema flare-ups with severe itch or pain, wet wrap therapy can work wonders to rehydrate and calm the skin and help topical medications work better.

Wet wraps are best done in the evening after bathing, moisturizing and applying medication. You can use clean, cotton clothing as a dressing and pajamas or a onesie on top if the eczema is widespread, cotton gloves or socks if it is not.

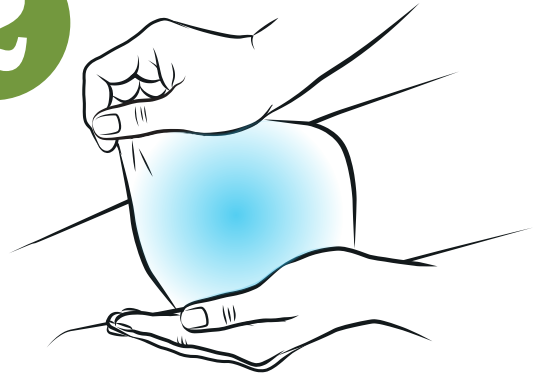
1

Moisten the dressing in warm water until it is slightly damp.



2

Wrap the moist dressing around the affected area.



3

Wrap a dry dressing over the wet one.



4

Carefully put on nighttime clothing so as not to disturb the bandages.



5

Leave bandages on for several hours or overnight.



ABOUT THE NATIONAL ECZEMA ASSOCIATION

National Eczema Association (NEA) is the leading advocacy organization serving people with eczema and those who love them. NEA provides information, resources and support to more than 6 million people each year, while funding research leading to better treatments and a cure for the millions of Americans affected by eczema. Go to nationaleczema.org to find out more.