

# 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.

