Family Education Sheet Wet Wraps

Boston Children's Hospital

Patient and Family Education www.childrenshospital.org

What is a wet wrap?

Wet wraps help treat children with atopic dermatitis (eczema), which causes itchy, dry, scaly patches on the skin. A special material is used to wrap the affected skin in a damp, protective layer. Sometimes we use wet socks or pajamas (pjs) as a wet wrap. Your doctor or nurse will tell you what to use on your child. This treatment is only used for a short amount of time.

How do wet wraps help my child?

Wet wraps help:

- Make skin less dry and itchy
- Medicines work on skin
- · Stop infection that could be caused from scratches that break the skin
- · Your child to be more comfortable and sleep better

How do I use wet wraps?

🖍 My Wet Wrap Plan

When to use it:

How often to use it:

How long to use it:



1 Put the prescribed cream or ointment on the red area of skin.



3 Place a layer of dry clothing on top of the wet wrap.



2 Apply the wet wrap to the skin, after soaking it in warm water and wringing it out.



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