

Instructions for Wet Wraps

Pediatric and Adolescent Dermatology

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For infants:

- 1) Apply moisturizer **or** steroid medication _____ to affected areas of the body. Do not apply the steroid to the face, groin, or underarms unless otherwise instructed by your physician.
- 2) Wet a pair of long-sleeve, long-leg pajamas with warm water and wring out until they are just moist. Put these pajamas on your child. Put a dry pair of pajamas over these, or wrap child in a dry towel or a blanket.
- 3) Leave on for 5-15 minutes. Be sure your child does not get cold.
- 4) Remove wet pajamas and apply coat of Vaseline or moisturizer of your choice.

For older children:

- 1) Apply moisturizer **or** steroid medication _____ to affected areas of the body. Do not apply the steroid to the face, groin, or underarms unless otherwise instructed by your physician.
- 2) Wet cotton towels with warm water and wring out until they are just moist. Apply warm wet towels to body and cover with dry towels or a blanket.
- 3) Leave on for 10-15 minutes. Be sure your child does not get cold.
- 4) Remove wet towels and apply a coat of Vaseline or moisturizer of your choice.