

# Wet Wraps

Your medical provider has recommend an at-home treatment, wet wraps, for your skin rash/eczema/psoriasis. Consistent use of this treatment is crucial for the successful outcome of your treatment plan for your skin condition.

## **Instructions**

1. Apply the prescribed steroid cream using the palm of your hand and rub downward in long sweeps. Rubbing downward in the direction of the hair helps prevent infection of hair follicles, known as folliculitis.
2. Wet dressings should be applied over the cream. You can use towels, long cotton pajamas or gauze. Dampen your dressing of choice with warm water and apply.
3. Leave in place for 1 to 2 hours.
4. Apply 2 times per day.

When cleansing the rash, use mild soap, such as Vanicream Gentle Cleanser. DO NOT scrub your skin.

*If you have any questions, please call (205) 995-5575 or text (205) 627-4207.*