

How to re-moisten wet wraps

The gradual drying-out of the wet layer has a cooling effect on the skin, helping to reduce itching and discomfort. It is therefore advisable that the garments are remoistened and not allowed to dry out completely. They dry out after about 4-6 hours depending on factors such as air temperature and how much emollient has been applied.

Re-moisten garments by removing the dry outer clothing layer. Use a clean spray bottle filled with warm water or a wet sponge to remoisten the inner contact layer. Then reapply the dry outer clothing layer.

Wrap care advice:

Product: Clinifast garments®

Manufacturer: Clinisupplies Ltd

Washable?: Yes

Washing and drying instructions:

Wash on a 60°C wash – this allows the emollients to be removed at each wash. Tumble dry on a low / cool setting to prevent shrinkage.

Number of washes/when to replace:

Can be machine washed up to 30 times.

Clinisupplies Ltd website accessed 18.07.2024

Adapted from National Eczema Society 2023 Paste bandages and wet wraps: a practical guide to their use in the management of eczema booklet.



Let us know what you think and get involved

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**Wet wrapping
for treating eczema**

**Information for
people in our care,
families and carers**

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What is it?

Wet wraps are when two layers of medical viscose clothing called garments or tubular bandages are placed over an area of skin. The first layer is applied damp over emollient, and sometimes a mild or moderate topical steroid. The second outer layer of clothing or bandage is then applied dry.

Why use a wet wrap?

Wet wraps can help to break the itch-scratch cycle, rehydrate and calm the skin, and help other treatments work more effectively during an active flare of eczema. They can be particularly useful at night in summer if eczema is triggered by heat or when the itch is a significant symptom.

When should you use wet wraps?

Wet wraps work best when used after having a bath and after using emollient and other topical treatments. People usually find them easiest to use at night. They can be worn in the daytime too if they still help but they need to be kept moist.

How long can wet wrapping be used for?

There is no time frame on how long wet wrapping can be used for if they help. Once an eczema flare is more controlled, wet wrapping can be stopped and started as needed.

Garments or tubular bandages worn dry instead of wet can still help with eczema. These can be used after using emollient and only one layer is needed.

When should you not use wet wraps?

Wet wraps should not be used when you might have an infection. Speak with your GP if you think you have an infection.

Wrapping over topical steroids can increase their strength and you should only use wet wraps over topical steroids if a healthcare professional advises you to.

What else should be considered with wet wraps?

If you or your child are using a topical steroid or topical calcineurin inhibitors (protopic or elidel) consider applying these in the mornings, when you are not using garments, unless a healthcare professional has advised you to do this.

This will prevent increasing the strength of these treatments when it may not be needed.

If wet wrapping is used in the winter – be careful of lowering body temperature, particularly with children. Garments can be worn dry over winter months and still help with improved hydration of skin and reduced itch.

How do you apply wet wraps?

- 1) Apply a thicker than usual layer of leave on emollient to the skin. This can be a cream or ointment.
- 2) Soak one set of garments in warm water – this will be worn as the inner contact layer.
- 3) Wring out the wet garment so it is still damp but not dripping and put it on with seams on the outside
- 4) Put a dry garment or layer of clothing, such as pyjamas, over the top.

It is usually best to use wraps after a bath and using topical treatments, as long as you have been advised to do so.

Use the QR code to see a video showing the process of wet wrapping:



[How to apply wet wraps \(youtube.com\)](https://www.youtube.com/watch?v=...)