



Dr. McGoey's Wet Wrap Handout

Prepare wet garments: Take either onsies for children, socks for feet, cotton gloves for hands, or long johns for the body, get them wet in warm water, wring them out and put to the side (if too cold, you can put them in the dryer for a few minutes to warm up without drying them).

Soak affected areas of your body in warm, not hot water (or do after a bath or shower).

Pat dry. Apply topical prescription steroid medication to rough, red, thick areas. Apply Vaseline on top and on normal appearing skin.

Put on the wet garment. You can put a dry garment on top of that or a bath robe etc.

Remain like that for 30 – 60 minutes (or shorter if unable to tolerate).

Remove wet garment, pat dry, reapply moisturizer.