

## Wet Wrap Therapy - A Quick Guide

### What is wet wrap therapy?

Wet wrap therapy is the application of bandages over your skin, after application of moisturiser, with or without topical steroids. First, apply a wet bandage or garment to the affected area, then cover it with a dry layer. This method is used in the treatment of certain skin conditions e.g. eczema, psoriasis flares.

### What are the benefits?

- Enhances absorption of moisturisers & topical steroids
- Protects skin from trauma caused by scratching
- Provides cool relief from skin inflammation & itch
- Improves sleep quality

### When to use wet wrap therapy?

Wet wraps are prescribed during a flare of certain skin conditions, including eczema or psoriasis. They are applied either overnight, or for several hours during the day as tolerated for a period of approximately 4-5 days. The recommended frequency & duration of treatment may differ amongst patients and should be discussed with your doctor or nurse.

### How to perform wet wrap therapy

#### Step 1: Measure the bandages

- Measure the lengths of tubular bandages required:
  - For arms - (Measure from shoulder to fingertips) + plus 8cm
  - For body - (Measure from neck to groin)
  - For legs - (Measure from groin to toes) + plus 8cm
- 2 sets of tubular bandages are required for each body part
- Alternatively, use a garment (e.g. long sleeve shirt / trousers) of appropriate size

#### Step 2: Prepare the first bandage layer

- Fill a bowl with lukewarm water
  - Optional: Add 1 capful of bath oil
- Soak the 1st set of bandages (or garment) in the bowl & wring dry. Ensure that the bandages are not dripping wet
- Set aside

#### Step 3: Apply Creams

- Apply moisturiser liberally over the affected skin.
- Apply topical steroid creams, if instructed by your doctor or nurse. Use the "fingertip unit (FTU)" measurement - E.g. 1 FTU of cream covers 2 palm areas of inflamed skin.

## **How to perform wet wrap therapy (continued)**

### **Step 4: Apply first bandage layer**

- Apply damp bandages (or garment) prepared in Step 2, onto the skin.

### **Step 5: Apply second bandage layer**

- Apply dry bandages (or garment/ cotton clothing) over the damp layer.
- If the bandages begin to dry out, re-wet the first layer (E.g. using a spray bottle) before re-applying the dry layer.

### **Post wet wrap therapy care**

- Remove all bandages gently at the end of each session.
- Clean the bandages (or garment) thoroughly to ensure they are ready for the next session.
- Discontinue wet wrap therapy & seek medical attention if skin condition worsens or at the first signs of skin infection (e.g. pain, oozing).

### **Contact Us**

If you are unsure or have questions about your condition please call:

### **Alexandra Hospital's Virtual Care Centre (VCC)**

**Call:** +65 8181 3288

**Operating Hours:** 9:00am – 5.30pm

(Mondays – Fridays, excluding Public Holidays)

This is a medical helpline staffed by our Care Team, who will be able to advise and link you up with healthcare services based on your care needs after discharge. However, if you are very unwell, please do seek immediate medical attention by calling an ambulance if required.

## Alexandra Hospital

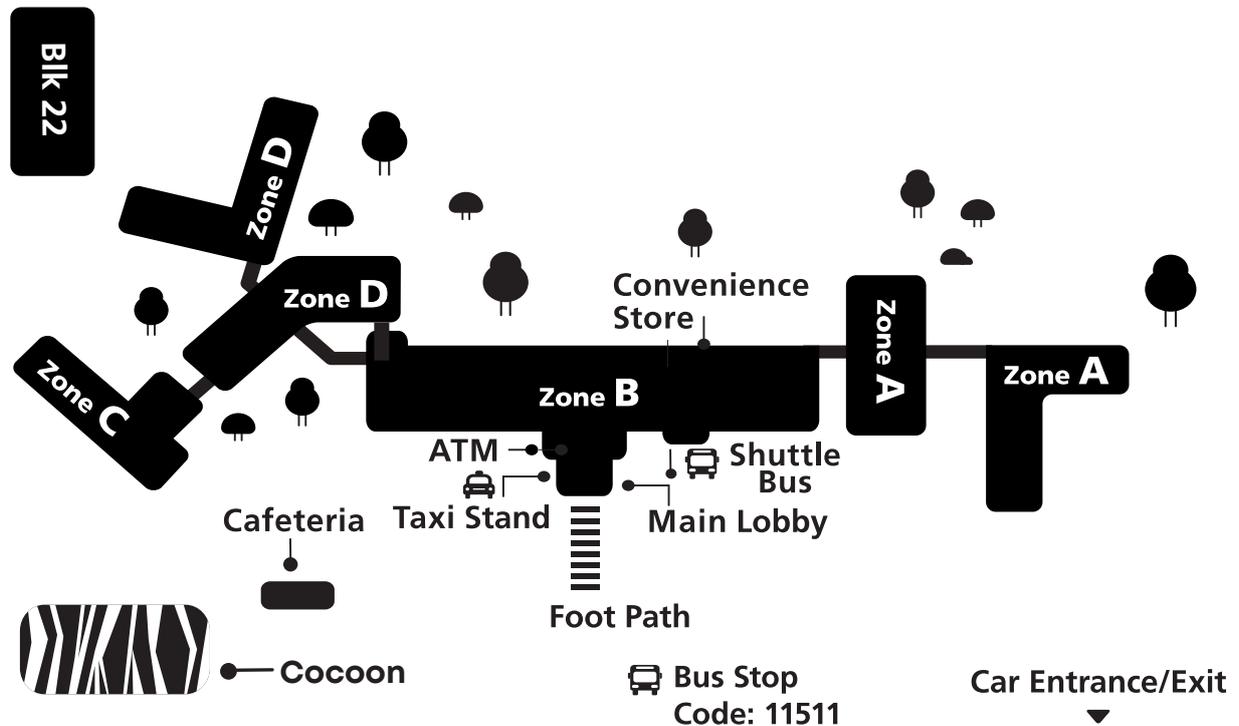
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Information is correct at time of printing Aug 2024 and subject to revision without prior notice.