

Wet Wrap Treatment Plan

Background

- This method of topical steroid application increases the potency of the topical steroid and may lead to quicker improvement of your rash.

Application Instructions

- Apply generous layer of triamcinolone 0.1% to affected areas on your body and extremities. Apply hydrocortisone 2.5% to the affected areas of the face, underarms and groin.
- Dip cotton clothing in warm water. Wring the clothing out to dry so that it is only a little damp and then use these items to dress yourself.
- For the face, a cotton towel or wash cloth works well. Collectively the damp clothing, towels and wash clothes you use are called “wet wraps”.
- For your comfort, you may wish to put on an additional layer of dry clothing. This is not necessary.
- You may remove the wet wraps after one hour. It is not necessary for you to wash the wet wraps between uses. In fact, the treatment will work better if you wash the items infrequently.
- Apply generous layer of moisturizer to the affected skin.
- Repeat 3 times a day for 1 week then 2 times a day for 1 week then 1 time a day for 1 week