

## Eczema Management: Soak & Seal (in Children)

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### What is “Soak and Seal”?

Soak and seal is a method to prevent moisture loss by following this daily shower routine:

1. Take a daily bath or shower with comfortably warm water.
2. If your child sits in the tub, wet a towel and wrap it around the head and torso to keep moisture in while bathing. Keep the towel wet by pouring water on top frequently.
3. **Do not use** soaps (detergent in soaps will remove the precious little natural oils on skin and change the acidity of the skin, breaking it down even more)
4. Use **fragrance-free** body cleansers (Eucerin, Vanicream, Cerave, Cetaphil (the fragrance-free version only), Aveeno, etc.)
5. Use only your hands to wash, no washcloths.
6. Wash hair at the end and try to use fragrance-free shampoo. Do not allow the water you use to rinse shampoo to run down the skin.
7. Use cleanser on the body again after shampooing.
8. Pat excess water to dry off, do not rub the skin.
9. Within 1 minute after bathing apply an ointment such as 100% petrolatum (Vaseline), and prescribed medications.
10. The rest of the day, apply a thick layer of fragrance-free moisturizer (thicker is better) with every diaper change. Moisturizing creams prevent the drying and flaking of the skin which leads itching. These should be applied every day, several times a day.
  - Examples of moisturizers: Cerave, Vanicream, Cetaphil (the one without masking fragrance), Eucerin, Aveeno.
  - Avoid thin lotions which dry the skin.
11. Try wet wrap therapy: See page 3 for instructions.

- You can do localized wet wrap therapy when needed by using a damp wash cloth on the area for several minutes, followed by petroleum jelly application or other recommended balm

12. Wash face with water after eating (no wipes) and seal with thick moisturizer or balm

Note: Any time you wet the skin for whatever reason, you should seal the moisture in with a thick moisturizer or balm.

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# WET WRAP THERAPY

## for Atopic Dermatitis (Eczema)

1 in 5 Children  
*Suffer with Eczema*

\*Use under the advice of your child's physician and for suggested length of treatment

**step 1**

Soak wraps in warm water



*Wet wraps have a cooling anti-itch effect.*

**step 2**

Bathe child in warm (not hot) water for 15-20 minutes and use a gentle cleanser



**step 3**

Lightly pat child's skin dry with a towel



Apply lotion or prescribed cream within 3 minutes!



**step 4**

**step 5**

Wring out excess water from wrap and immediately dress child in damp wrap to seal in moisture



*Wet wrap therapy relieves eczema by adding needed moisture to the skin.*

Ahhhh...

**step 6**

Apply a dry layer of clothing on top.

*Smile.*



Studies of WET WRAP THERAPY show an average reduction of symptoms of 71%.

ref: Wet Wrap Therapy in Children with Moderate to Severe Atopic Dermatitis in a Multidisciplinary Treatment Program

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