

## Wet Wrap Therapy

1. Apply the prescribed steroid cream using the palm of your hand and rub in a downward direction in long sweeps. Rubbing downward in the direction of hair growth helps to prevent infection of the hair follicles.
2. Apply wet wraps \_\_\_\_\_ times per day.
3. Wet dressings should then be applied over the cream. You can use towels, long cotton pajamas or gauze. Dampen either with warm water and then apply.
4. Leave wet wraps in place for 1-2 hours.
5. When cleansing the rash areas, use a mild soap suggested by your doctor and do not scrub.

Homewood  
T: 205.871.7332  
F: 205.871.7336  
3415 Independence Dr, Suite 200  
Birmingham, AL 35209

Greystone  
T: 205.678.7518  
F: 205.677.2079  
5406 US-280, Suite A-100,  
Birmingham, AL 35242

info@skinwellness.com  
skinwellness.com