



Crumlin | Temple Street | Tallaght | Connolly

**GUIDELINES ON THE APPLICATION OF WET WRAPS**

<b>Area of use:</b>	All of organisation <input checked="" type="checkbox"/>	CHI at Connolly <input type="checkbox"/>	CHI at Crumlin <input type="checkbox"/>
	CHI at Herberton <input type="checkbox"/>	CHI at Tallaght <input type="checkbox"/>	CHI at Temple Street <input type="checkbox"/>
<b>Lead author &amp; title:</b>	Dermatology Clinical Nurse Specialist		
<b>Approved by &amp; title:</b>	Fionnuala O’Neill – Nurse Practice Development Coordinator		
<b>Version:</b>	Version 2	<b>Approval date:</b>	January 2023
<b>Qpulse reference:</b>		<b>Revision due:</b>	
Version History			
<b>Version:</b>	<b>Date approved:</b>	<b>Summary of changes:</b>	<b>Author:</b>
Version 1	December 2015		Dermatology Clinical Nurse Specialist

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## 1.0 Introduction

Wet wrapping is a damp bandaging technique used in patients with moderate to severe Atopic Dermatitis (Eczema). The wraps help to calm and cool the skin by aiding the absorption of moisturisers and also prevent skin damage caused by scratching (Nottinghameczema.org 2021). Wet wraps should not be used on infected skin (Nice 2021). Topical steroids can be used under wet wraps to relieve inflammation, but as the occlusion can increase the absorption of steroids this should only be done under supervision of the dermatology team (Eichenfield et al.2014).

## 2.0 Definition of Guidelines

Wet Wraps are warm, wet, occlusive dressings constructed from Tubifast bandages in conjunction with an emollient ointment (Lawton1999). This guideline should be used in conjunction with the Atopic Dermatitis guideline.

## 3.0 Applicable to

This guideline aims to guide nursing staff on wards who are looking after patients with Atopic Dermatitis and for whom wet wraps have been prescribed.

## 4.0 Equipment Required

Tubifast appears to be the best available tubular bandage for wet wraps. It has the right degree of elasticity, conforming to the child's contours without being too tight. It is absorbent and so can hold enough water to remain moist for several hours. Tubifast is not cotton – and a small number of children may react to the dressings (Atherton 1999).

### **Tubifast Colour Code:**

Red	3.5cm	small arm
Green	5cm	medium arm, small leg
Blue	7.5cm	large arm or leg
Yellow	10.75cm	medium trunk
Purple	17.5cm	large trunk

### **Measuring for Tubifast:**

**Arms:** Measure from the shoulder to tips of fingers and add 5 cm. Cut 4 lengths.

**Legs:** Measure from top of thighs to the tips of the toes and add 5 cm. Cut 4 lengths.

**Vest:** Measure from base of neck to base of bottom. Cut two lengths and cut two armholes in each.

Make eight ties by cutting 10cm thin lengths of Tubifast.

Convenient eczema garments are available for families to buy instead of tubular bandages e.g. Clinifast garments.

These garment are quick and easy to use on children as they are ready made and do not require cutting or tying. The garments can be dampened and cotton pyjamas can be used as the outer dry layer

ACTION	RATIONALE & REFERENCE
<p>Explain the procedure to the child and parents.</p> <p>Ensure privacy for the child throughout the treatment.</p> <p>Bath the child with a moisturizing product prior to application of wet wraps. (see Atopic Eczema Guideline 2021)</p> <p>Apply topical steroid as prescribed under the supervision of a dermatologist.</p> <p>Leave steroid to absorb for 30 minutes before applying the suit.</p> <p>Emollients, e.g. Emulsifying ointment, should be applied liberally all over the body, not rubbed in but <u>BUTTERED</u> in a downward direction on to the skin.</p> <p>Starting with the trunk, one length of tubifast is soaked in tepid water, gently squeezed out then applied. The dry layer is applied over this. Repeat for limbs in the same way.</p> <p>Ties are passed through holes made in the tubifast to keep the suit in place.</p> <p>Light cotton clothing can be worn over wet wraps.</p> <p>Check bandages at intervals and if the inner layer is dry take down outer layer and wet inner layer with tepid water using hand spray or sponge.</p> <p>If eczema is severe, wet wraps can be left in place for up to 24 hours a day.</p> <p>The length of time wraps is required depends on the child's response to treatment</p> <p>Never apply wet wraps to broken or infected skin and never use wet wraps on the trunk if patient has a chest infection.</p> <p>Document care given and evaluate effectiveness of treatment provided.</p>	<p>To help reduce anxiety of child and parents, by appropriately informing them of the procedure (NICE 2021).</p> <p>To maintain dignity of patient when care is being attended to (CHI 2020a)</p> <p>Daily emollient baths are essential and effective in the management of eczema (McAleer et al. 2012, NICE 2021).</p> <p>All topical therapy is more effective on moist skin after a bath (Harper et al 2011). Skin pores are open and receptive to treatment. (Mc Aleer et al 2012)</p> <p>Occlusion can increase the permeability of the steroid absorption (Eichenfield et al 2014).</p> <p>Emollients are the cornerstone of eczema care. They prevent water loss from the skin, increase hydration, reduce itch and redness, and help to repair the skin barrier. (Eichenfield et al 2014)</p> <p>Buttering is the generous spreading of ointment, which is essential if treatment is to succeed. Avoid rubbing as this may further irritate the skin and increase itch.</p> <p>This depends on the patient's tolerance and comfort (Eichenfield et.al 2014).</p> <p>A moist environment is an ideal medium for the multiplication of organisms. (Robinson 2011)</p> <p>To facilitate communication, to provide evidence of delivery of quality care, and to ensure evaluation of the effectiveness of care provided (CHI 2020b NIMBI 2015)</p>

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