



Wet Wraps

1. Apply the prescribed steroid cream using the palm of your hand and rubbing 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 two 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 rashy areas, use a mild soap suggested by Dr. Hartman and do not scrub.