

湿敷疗法

湿敷疗法可有效治疗湿疹。

什么是湿敷疗法？

湿敷疗法有助于治疗湿疹（特应性皮炎）。湿敷有助于：

- 增加皮肤对保湿剂的吸收
- 增加皮肤对外用类固醇的吸收，从而将更多药物输送到受累部位
- 充当屏障，防止您的孩子抓挠，有助于您的孩子更好地入睡

何时使用？

湿敷通常用于重度湿疹突发。通常，您只使用几天，但您的医务人员可能会告诉您需要使用更长时间。

湿敷也可在不使用外用类固醇的情况下使用，以帮助保湿剂更好地发挥作用，并帮助防止发作。

我需要哪些用品？

在湿敷之前，请准备以下用品：

- 您孩子的医务人员开具的外用激素软膏
- 保湿剂（润肤剂）：我们建议使用像凡士林这样的透明、油性软膏
- 自选两层 100% 的棉层，一层用于湿层，另一层用于干层。湿层需要紧贴或贴合。

我选择哪种包裹物湿敷巾？

选择最适合您身体部位的湿敷巾。以下是一些示例：

- 纱布：用于任何身体部位，但可能很昂贵
- 贴合的 100% 棉衫：用于更广泛的皮疹
- 100% 棉袜：用于手部或足部顽固性湿疹
- 100% 棉成人袜子：如果在成人袜子的脚趾上切了一个小孔，包裹物可以轻松套在手臂或腿部上。根据需要向上或向下移动。

如何贴湿敷巾？

- 最好在洗澡后使用湿敷巾，但也可以在一天中的任何时间使用。在您开始戴湿敷巾几天前，请与您的孩子讨论湿敷，以便他们了解您为什么要给孩子穿湿衣服。这有助于为佩戴提供奖励（积极激励）。您也可以将湿层放入干燥机中 5 至 10 分钟，以加热以供使用。

了解更多信息

- 皮肤病学
206-987-2158
- 询问您孩子的医疗保健专业人士
- seattlechildrens.org

免费口译服务

- 在医院内，请咨询您的护士。
- 在医院外，请拨打免费家庭口译热线 1-866-583-1527。
告诉口译员您需要呼叫的姓名或分机号码。



使用湿敷巾的步骤：

1. 按照指示将软膏涂抹在您孩子的发炎皮肤上。
(如果您的医务人员要求您仅将湿敷巾用于保湿，请跳过此步骤。)
2. 在未涂抹药物的部位或按照医务人员的指示涂抹一层充足的保湿霜（润肤剂）。
3. 将一层湿敷巾浸泡在温水中。
4. 拧掉多余的水，直至其湿润/略微湿润。
5. 用该湿层包裹受影响的区域。确保不要太紧。
6. 立即将干层（干纱布、100% 棉袜/布/棉服）放在湿层上。请勿用塑料覆盖。
7. 尽量让您的孩子处于温暖的环境或用毯子覆盖他们。
8. 如果湿敷巾放置 1 至 2 小时，效果最好，但即使是 20 分钟也能有所帮助。有时，只要它们不会完全变干，就可以留在原位过夜。像往常一样，遵循您的医务人员关于湿敷疗法的频率和持续时间的具体建议。
9. 完成后，取下湿敷巾并涂抹保湿霜至全身。
10. 扔掉用过的纱布制的湿敷巾。您可以清洗和重复使用棉布制的湿敷巾。
11. 若您有任何问题或疑虑，请联系您孩子的医务人员。

在哪里可以获得更多信息？

- 我们的讲义“特应性皮炎（湿疹）” seattlechildrens.org/pdf/PE573.pdf
- “湿疹：特应性皮炎”，来自 ChildrenHealth kidshealth.org/en/parents/eczema-atopic-dermatitis.html
- Rady 儿童医院湿疹和炎症性皮肤病中心（Eczema and Inflammatory Skin Disease Center Rady Children’s Hospital）
eczemacenter.org

Wet Wrap Therapy

Wet wrap therapy is a useful tool to treat eczema.

What is wet wrap therapy?

Wet wrap therapy helps treat eczema (atopic dermatitis). Wet wraps can help:

- Increase absorption of moisturizers into the skin
 - Increase absorption of topical steroids into the skin, so more medicine is delivered to the affected areas
 - Act as a barrier to keep your child from scratching, which can help your child sleep better
-

When are they used?

Wet wraps are usually for severe eczema flare-ups. Normally, you use them only for a few days, but your healthcare provider may tell you to use them longer.

Wet wraps can also be used without topical steroids to help moisturizers work better and to help prevent flares.

What supplies do I need?

Before you do a wet wrap, gather these supplies:

- Topical steroid ointment prescribed by your child's healthcare provider
 - Moisturizer (emollient): we suggest a clear, greasy ointment like Vaseline
 - Two 100% cotton layers of a wrap of your choice: one for a wet layer and the other for a dry layer. The wet layer needs to be snug or fitted.
-

What kind of wrap do I choose?

Choose the wrap that works best for the part of the body you are covering. Here are some examples:

- Gauze: for any body area, but can be expensive
 - Fitted 100% cotton pajamas: for more widespread rash
 - 100% cotton socks: for stubborn eczema on the hands or feet
 - 100% cotton adult socks: if you cut a small hole in the toe of an adult sock, the wrap will fit easily over an arm or a leg. Move it up or down as needed.
-

How do I apply the wet wrap?

- It is best to apply a wet wrap after a bath, but it can be done any time of the day. Talk to your child about the wet wrap a few days before you start putting them on so they understand why you are putting them in wet clothes. It can help to offer rewards (positive incentives) for wearing them. You can also put the wet layer in a dryer for 5 to 10 minutes to warm them for application.
-

1 of 2

To Learn More

- Dermatology
206-987-2158
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

Steps for applying the wet wrap:

1. Apply the medicated ointment to your child's inflamed skin as directed. (Skip this step if your provider has asked you to apply wet wraps just for moisturizing.)
2. Apply a generous layer of moisturizer (emollient) to the areas you have not applied medication, or as directed by your provider.
3. Soak one layer of wrap in warm water.
4. Wring out excess water until it is damp/slightly wet.
5. Wrap the affected area with this wet layer. Make sure it is not too tight.
6. Immediately put on the dry layer (dry gauze, 100% cotton sock/clothing/pajamas) over the wet layer. Do not cover with plastic.
7. Try to keep your child in a warm environment or cover them with a blanket.
8. Wet wraps work best if left on for 1 to 2 hours, but even 20 minutes can help. Sometimes they are left in place overnight as long as they do not dry out. As always, follow the specific advice of your provider for frequency and duration of wet wrap therapy.
9. Once you are done, remove the wraps and apply moisturizer to the entire body.
10. Throw away used gauze wraps. You may wash and reuse cotton wraps.
11. If you have any questions or concerns, contact your child's provider.

Where can I find more information?

- Our handout "Atopic Dermatitis (Eczema)" seattlechildrens.org/pdf/PE573.pdf
- "Eczema: Atopic Dermatitis" from KidsHealth kidshealth.org/en/parents/eczema-atopic-dermatitis.html
- Eczema and Inflammatory Skin Disease Center Rady Children's Hospital eczemacenter.org