Scak & Seal

Prevent and reduce atopic dermatitis (eczema) symptoms by putting water back into the skin every day.



Use **warm** water (not hot)

Soak in the bathtub for

15-20 minutes.

Use a gentle cleanser and do not scrub the skin.

Cover areas not covered by water with wet towels or washcloths.

Lotion

- Apply the moisturizer or medication recommended by your health care provider
- Moisturizers are used after soaking and also when skin feels dry or itchy
- Try to apply moisturizer or medication within three minutes of patting dry, while water droplets are still on skin
- Medications are used if itch, rash or infections occur – use them as prescribed and don't substitute
- In severe eczema cases, your doctor may add wet wrap therapy

TIPS

- Do soak and seal every day
- Pat (don't rub) skin dry after soaking
- If rash present, can increase soak and seal to twice daily

WET WRAP THERAPY

- Pieces of clothing or dressings soaked in warm water then applied to skin after soak and seal
- Only used when eczema rash is severe
- Your doctor must show you the proper technique

For more information on soak and seal, wet wrap therapy and tips for treatment success, call or visit:

1.877.CALL NJH | njhealth.org/eczema



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