

Soak & Seal

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



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