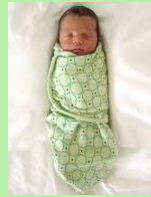


Wet Sheet Wrap



1

Wrapping Makes Us Feel Secure



2

Contraindications

Claustrophobia



Unable to heat up



3

3 Stages

1. Cooling such as for decreasing a fever (antipyretic) (10-15 min.)

2. Calming the nervous system (1-2 hours)



1. Detox or Heating stage (2-8 hours)

4

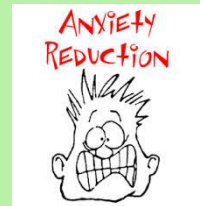
Stage 1 – Antipyretic (10-15min.)



5

Stage 2 – Neutral Stage (1-2 Hours)

- Calms nervous system
- Anxiety/Panic attacks
- Nervous exhaustion
- Seizure activity - undocumented



6

Stage 3 – Sweating Stage (2-8 Hours)

- Detox
- Smoking Cessation
- Alcoholism
- Flu/Bronchitis
- Scarlet fever



7

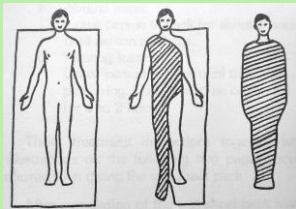
Procedure

- Place 2 large blankets out on top of each other on bed or massage table
- Wet queen-sized sheet and run in spin cycle (should be damp)
- Lay damp sheet over the blankets

8

Procedure cont.

- Have client lay on sheet face up with as little clothes as possible
- Wrap client in sheet (no skin touching skin)



9

Procedure cont.

Wrap each blanket snugly around client



10

Procedure cont.

- Place small towel around front of neck to keep any drafts out.
- Keep client in pack for proper time - **Do not leave unattended** - may use baby monitor



11

Procedure cont.

- Be sure to have client go to the BR before getting wrapped
- Put cold cloth to head if client is getting warm



12

Finish

Unwrap client and have them go to bed or shower if sweating has occurred

