

General information for administering compresses

Compress materials

Cloth sizes that are used for all large body parts that have proven themselves:

- **Inner cloth = substance cloth** (smooth cotton, double layered) width approx. 28 cm
- **Middle cloth** (rough cotton, double layered, or terry cloth) width approx. 32 cm
- **Outer cloth** (wool or molleton fabric, or terry cloth towel) width approx. 36 cm
- A **length** of 140 cm is the same for all cloths.

Children's compresses have a length of one and a half times their upper body circumference.

The **width** is measured from the waist to the armpit.

For **oil compresses** and **poultices** you can use old cotton cloths (old handkerchiefs, tea towels, sheets torn to size).

Preparing the patient, room and materials

Patient

- At least half an hour after the last meal
- Empty the bladder before the treatment
- The feet must be warm! If necessary, warm them up with a hot water bottle or foot bath (otherwise there is a danger that the warmth coming from the compress will rise towards the head and the feet will become even colder).
- Remove all confining clothing parts, including watches, jewelry, etc.

Room Good ventilation, pleasantly warm, no draughts; no background noise; no direct incidence of light on the patient's eyes, this also applies to the post-treatment rest (see below).

Materials Everything that is needed for the application must be prepared beforehand and placed on the bed ready to use: knee roll, small pillow for the neck, compress utensils.

Hot-water bottle: filled (not bulging) with hot water, vented (= place the hot-water bottle flat on the table, hold the filler neck upright so that all the air can escape).

Positioning the patient and applying the compress

If possible, have the patient lie on their back. If necessary, elevate their upper body and support their arms. Lay out the outer and middle cloths on the bed at the height of the corresponding part of the body, have the patient lie on them, mold the cloths one after the other over the substance cloth.

Place the knee roll or similar, cover the patient, including their shoulders. Avoid constriction in the neck area. If the person feels constricted in the heart area and/or breathless, leave their hands uncovered.

Place a small pillow under their neck so that they do not have to hold their head themselves. Remove the hot-water bottle from their feet! Cover their feet, even from the sides, without putting pressure on their toes. Do not pull the blanket under their heels.

Temperature Hot moist compresses: fan the body part with the hot cloth, then apply as hot as possible.

Fevers from approx. 39°C: Choose a compress solution 2°C cooler than the body temperature; this has a cooling effect.

Preparing tea Pour 1 liter boiling water over 1 tablespoon of dried leaves, let steep for 3–5 minutes and strain into a thermos flask.

Essential oils 1 teaspoon in a cup of water or 1 tablespoon in approx. ½ liter of water

Post-treatment rest Every compress needs a rest afterwards. This is an essential part of the application and starts with the removal of the compress materials. As a rule, it is 30 minutes.

Follow-up After removing the cloths, rinse the inner cloth in clear water and hang them all up to dry. They can be reused several times. Poultice packs are only used once.

Instructions: Oak Bark Footbath

Particularities

Oak bark is used both as an essence and as a brew from the bark (dried & cut).

If you cook the brew yourself, it is a good idea to make it more concentrated. This concentrate (stored in the refrigerator) can be used for 5 baths diluted with water.

Materials

- 1 tablespoon oak bark (or 5 tablespoons for a concentrate); or 3 tablespoons essence
- Pot with 1 liter water
- Tub in which both feet have space next to each other and can stand up to the ankles in water
- Warm water for the footbath
- A piece of fabric (terrycloth towel, small woolen blanket, garment or similar) to cover the knees
- Hand towel (to dry the feet. Note: the towel gets stains that cannot be removed!)
- Wool socks

Instructions

Prepare the brew:

- Cover 1 tablespoon of oak bark pieces (or 5 tbsp. for the concentrate) in 1 liter of cold water and allow to stand for at least 8 hours
- Bring to a boil, leave on the switched off hotplate for at least 15 minutes

Footbath:

- Fill the footbath tub with warm water, 38°C
- Put the whole brew (or about 100 ml of the concentrate, or 3 tbsp. essence) into the footbath tub
- Check the temperature! It should be pleasantly warm (approximately at body temperature)
- Have the patient sit down and place his feet next to each other in the water. The water should cover the ankles
- Cover the knees with the hand towel
- Duration: 8-15 minutes
- Take the feet out of the water, dry off, put on wool socks
- 30 minutes of post-treatment rest (lying down)

Follow-up

- Clean up

Evidence

Has worked well for many patients

Dosage

1 x daily, preferable in the evenings

Onset of effect

Immediate, increasing over the period of treatment