

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: Ginger Lumbar Spine Compress

Particularities

Ginger is contraindicated for neurodermatitis!

Materials

- 3 tablespoons grated fresh ginger root (or ginger powder, see description below)
- 2 hot-water bottles
- Outer cloth: bath towel, folded lengthwise into 3 layers
- 1 intermediate cloth: terrycloth towel (moisture protection)
- 1 inner cloth made of cotton, folded into 4 layers, approx. 20 x 15 cm, according to the size of the patient
- 1 knife
- 1 grater

Instructions with grated ginger:

- Spread about 3 tablespoons of grated ginger on the middle of the substance cloth, approx. 15 cm x 20 cm, fold in the remaining cloth from all 4 sides and warm the pack on the hot-water bottle for about 10 minutes.
- Fold the bath towel lengthwise into 3 layers and place on the bed
- Lay a double-folded terrycloth hand towel on the bath towel as moisture protection, place a hot-water bottle on top to warm the towels up
- As soon as the ginger pack is warmed up a little, place it on the prepared cloth with the single fabric side facing the patient. The patient immediately lies down on it, with the painful spot on the ginger
- Immediately wrap the two prepared cloths well around the body and, if possible, use adhesive tape to keep them from slipping
- Cover the patient well, including the shoulders
- After 30–40 minutes, remove the compress

Post-treatment rest:

- The patient remains resting for another 30 min.

Instructions with ginger powder:

Materials

- 1 tablespoon ginger powder
- ½ liter hot water
- Spoon or wooden ladle
- Dry spatula or the like
- The cloths are the same as described for the fresh ginger compress

Instructions

- Put the ginger powder in a bowl
- Gradually add the hot water and stir
- Roll up the prepared 4-layered substance cloth and soak well in the ginger water, then wring out
- The patient is already sitting in bed and you briefly fan his back with the hot towel
- When you are sure that the towel is not too hot anymore, but still hot enough, you can put it on the patient's back and the patient can lie down
- Immediately wrap the prepared compress cloths (pre-warmed with a hot-water bottle), around the patient's body and cover the patient well, including the shoulders.
- Leave the compress on for 30–40 minutes, then remove

Post-treatment rest: 30 minutes

Follow-up

Wash out the compress cloths and hang them up to dry

Evidence

Well-proven in many patients

Dosage

1 x daily, not in the evening

Onset of effect

During the application

Length of therapy

Until the symptoms subside

Warning

Only use on intact skin