

## 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: Chamomile Oil Abdominal Compress

### Materials

- Chamomile 10% oil
- Hot-water bottle
- Outer cloth
- Intermediate cloth
- Inner cloth (folded double to the size of the area to be treated)
- A freezer bag (food-safe) for warming up and storing the inner cloth (the same cloth can be used for 2–3 weeks)

### Preparation:

- Sprinkle the inner cloth with the oil (sprinkle evenly for the first applications, adding only a few drops before each further application), fold once and place in the freezer bag
- Fill the hot-water bottle flat with hot water at approx. 50°C
- Place the freezer bag with the substance cloth on the hot-water bottle
- Place the intermediate cloth around the hot-water bottle and freezer bag
- Let everything warm up for at least 5 minutes

### Instructions

- Have the patient sit up in bed, place the outer and intermediate cloths on the bed so that they lie at the same height as the patient's abdomen when he lies back down on them
- Have the patient lie down
- Unfold the inner cloth and place it on the patient's abdomen
- Wrap the outer and intermediate cloths as snugly as possible around the patient's abdomen.
- Duration: 1 hour or longer, as long as it feels comfortable to the patient (e.g., overnight)

### Follow-up

- Remove the intermediate and outer cloths
- Fold the inner cloth once and place in the plastic bag (reuse several times)

### Evidence

Well-proven in many patients

### Dosage

1 x daily

### Onset of effect

Immediate

### Length of therapy

Depending on the therapeutic goal, the compress may be applied over several days or weeks