

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: Rosemary Arm Compress

Particularities

- This compress should be applied as hot as the patient can tolerate it.
- For plethoric patients who have a congested upper body, the compress is always applied to the leg diagonally opposite the pain site. The same applies to hypertonic patients with bright red faces.

Materials

- Standard-sized compress cloths, if available, or: 1 fabric strip each approx. 25 cm wide, 150 cm long, made of cotton Material and wool
- Medium-sized basin
- ½ liter very hot (not boiling) water
- Rosemary Invigorating Bath Milk (also sold as Rosmarinbademilch), 2 tablespoons

Instructions

- Roll up the compress cloths
- Heat the water to a max. of 60°C (140°F)
- Pour 2 Tbsp. Rosemary Invigorating Bath Milk into the basin
- Add hot water
- Place the inner cloth in the solution
- Take it to the patient
- Uncover the patient's arm
- Wring out the substance cloth
- Starting at the base joints of the fingers, unroll the substance cloth around the hand and then further up the arm, wrapping snugly, up to and including the shoulder joint
- Wrap on the outer cloth in the same way
- Leave the basin with the rosemary solution at the patient's bed (to allow the rosemary scent to spread)
- Duration: 30 min., then remove all the cloths
- Post-treatment rest: 30 minutes

Evidence

Was used to successfully treat many patients

Dosage

For acute cases of angina pectoris

Onset of effect

Immediate

Length of therapy

This application is especially for acute cases ("emergency compresses"). It may be used 1 x daily for several days if the symptoms persist.

Other recommended therapies

If rosemary bath milk is not available, you can also use rosemary tea or homemade rosemary essence

Warning

- If the patient has varicose veins, do not apply this compress to the leg.
- This compress can therefore not be given to plethoric patients who have varicose veins!