

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: Sauerkraut Pelvic Floor Bladder Compress

Particularities

- In case of lichen sclerosus or wounds in the genital area, the application may only be administered as a wrapped bladder compress!
- In older women, one should check whether a bladder compress would be preferable to a pelvic floor application.
- Applications for men: the external genitalia must be left out, therefore the application differs from the one given to women – see Instructions.
- The following is decisive for the effectiveness of the application: the sauerkraut must be heated long enough to stay warm for the duration of the compress. Heat up for 15 minutes without boiling (lactic acid bacteria are destroyed at temperatures above 70°C).
- Apply the compress preferably in the first half of the day, although to help with difficulty in falling asleep it may also be administered in the evening, so that the post-treatment rest can transition into sleep.

Materials

- 4 heaped tablespoons raw lactic-acid-fermented sauerkraut
- One large bath towel
- One normal terrycloth hand towel, folded lengthwise into 3 layers
- Inner cloth, ca. 75 x 30 cm, or a cotton diaper
- A small pot with a little water for heating the sauerkraut
- Knee roll or pillow
- Hot-water bottle filled hot

Instructions

- Warm up the sauerkraut in the pot for approx. 15 min.
- Prepare the patient (ensure warm feet, send to the toilet)
- Place the bath towel folded once horizontally on the bed and wrap it around the hot-water bottle together with the hand towel to warm everything up
- Spread the substance cloth on a work surface
- Squeeze the liquid out of the sauerkraut with a spoon in a sieve
- Apply the sauerkraut to an area of about 30 cm x 10 cm in the middle of the substance cloth and then fold in the cloth from all sides and go to the patient
- Remove the hot-water bottle
- Have the patient lie down on the bath towel so that her hip joints are centrally on it
- Place the hand towel vertically on the bath towel
- The patient lies down on it
- Place the sauerkraut pack from the anus over the symphysis to the bladder area

Alternative application for men: Prepare 2 substance packs, one to be placed on the perineum, the other on the bladder so that the external genitals are omitted.

The rest of the procedure is the same for both sexes:

- Cover the patient with the vertical terrycloth hand towel, bring the legs together and place a support under the knees.
- Wrap the bath towel around the abdomen
- Cover the patient
- Duration: 30 minutes, or as long as the pack is warm and comfortable. Then remove all of the cloths
- 30 minutes of post-treatment rest

Follow-up

- Wash out all the cloths and hang them up to dry, discard the sauerkraut

Evidence

Well-proven in many patients

Dosage

Daily, once a day to start with, then see "Duration of the therapy"

Onset of effect

Immediately and/or after several days

Length of therapy

Once the symptoms have improved, continue to apply at longer intervals (3x/week, then 2x/week, later as needed)

Warning

Risk of burns, the temperature of the sauerkraut must be checked before it is applied!