

## 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: Pelvic floor bladder compress with juniper oil

### Particularities

This wrapped compress can be used with an aqueous solution of the substance (usually an Equisetum decoction) as a moist compress, or as a dry compress, with juniper oil sprinkled on the two inner cloths. Below is the description for the oil compress.

Another option (especially for acute infections) is to use Equisetum ex herba W5% oil (Wala).

### Materials

- Juniper wood and berry essential oil in safflower oil

Prescription from the pharmacy:

Safflower oil 20 ml

Oleum juniperi baccarae DAB, 5 drops (juniper berry etheric oil)

Oleum juniperi e ligno DAB, 5 drops (juniper wood etheric oil)

- 2 hot-water bottles to warm up the cloths
- 1 freezer bag
- 1 large bath towel, folded lengthwise 1 x, warmed up
- 1 standard-sized hand towel, folded lengthwise 3 x, warmed up
- 2 inner cloths for the oil: 2 smooth cotton cloths, each approx. 36 x 12 cm (reaching from the anus to a hand's breadth over the symphysis), each folded 4–6 times

### Instructions

- Place the heated bath towel, folded 1 x in length, horizontally to the patient under the buttocks. The two trochanters (center of the hip joints) lie in the middle
- Place the heated hand towel, folded 3 times lengthwise, vertically under the buttocks so that it can reach over the bladder. Correct any excess length of towel on the back side (pull it up)
- Sprinkle the two inner cloths with oil and warm them up (put the cloths in the freezer bag before warming them up)
- From the anus, lead both cloths over the pelvic floor to the bladder, the bladder must be completely covered. That is why there are 2 cloths, so that you can lay them each toward the groin and cover the bladder
- Draw the vertical terrycloth towel closely over them towards the navel, then snugly cover the entire area with the bath towel from both sides, crossing downwards (= diagonally downwards towards the legs, one end on top of the other)
- Make sure that there is no "bridge of cold" between the lower wrapping area and the thighs!
- Settle the patient in accordance with the "General instructions for applying compresses"
- Duration: at least 30 minutes
- Post-treatment rest: 30 minutes