

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: Farmer's Cheese (Quark) Chest Compress

Particularities

- The prerequisite for this compress is that it be properly applied, i.e., warm, but not too warm (coagulation of the milk protein) and **under no circumstances too cool**, as then an additional cooling could occur with corresponding consequences.
- NOTE: Children with bronchitis often have only a moderate fever and therefore do not appear as ill as they are.

Materials

- 250–500 gr. farmer's cheese, room temperature!
- Bed protection
- Terrycloth towel or bath towel
- Substance cloth: thin cotton cloth (e.g., torn cloth) or gauze diaper, slightly longer than the child's chest circumference and twice as wide as the distance from the armpits to the lower rib arches. Adults may need one cloth each for the chest and back under certain circumstances.
- 2–3 hot-water bottles (**warm, not hot**) for further warming of the quark
- Plastic bags to protect the hot-water bottles
- Baking sheet
- Spatula

Instructions

To administer to children:

Spread out the substance cloth. In the middle third, coat the length with farmer's cheese as thick as the back of a knife. First fold in the ends of the cloth, then the long sides from above and below so that you get a long pack.

To administer to adults

If you don't have a cloth long enough for an adult's upper body, you can use two cloths to prepare individual packs for the chest and back. The length of the substance cloths must then be correspondingly shorter than with a compress wrapped right around the body.

The farmer's cheese pack must be warmed up to body temperature:

- either 15 min. on several hot-water bottles
- or on a tray in an oven preheated briefly to 100°C and then turned off for 5 minutes

The farmer's cheese must not become too hot, otherwise the protein coagulates!

This compress releases a lot of liquid; therefore, the bed must be protected against moisture. Place a terrycloth towel or bath towel folded double lengthwise on a water-repellent sheet. When the compress is warm enough, the patient undresses his upper body. Place the farmer's cheese pack, with the folded fabric side downwards, on the terrycloth towel (heated if necessary). The patient lies down on it and the farmer's cheese pack is pulled up around his chest from back to front. Then **quickly** wrap the patient with the terrycloth towel, finally covering him with the blanket up to over the shoulders.

If two farmer's cheese packs are used for an adult, the patient first lies down on the back pack, then the second pack is placed on the chest.

Duration: The compress remains on for 1 hour and is then removed, followed by rest for one hour. This rest is very important and should take place in bed.

Follow-up

- Dispose of the farmer's cheese in the compost and rinse the substance cloth thoroughly with cold water. Never put the cloth with farmer's cheese in a washing machine, unless you want to enjoy having farmer's cheese in the rest of your clothes for a long time ;-)

Variation:

In the case of bronchopneumonia and moist pneumonia (rattling noises), it is better not to administer a large-area application. Instead, place local packs on the affected area. Nevertheless, you still wrap the outer clothes right around the patient.

Evidence

Well-proven in many patients

Dosage

1–2 x daily in the acute phase, then daily until improvement

Onset of effect

Improvement already occurs during the compress application

Length of therapy

Until the cough is better

Other recommended therapies

See Vademecum of Anthroposophic Medicines

Warning

Never apply cold!

Contraindicated in cases of cow's milk allergy and/or neurodermatitis