

HEATING COMPRESS

Definition:

A *Heating Compress* is an application of a cold compress on a body area, (such as the throat, chest, or joint), which causes the body to send blood to the area to warm it. This produces mild, moist heat in the local area. The increased circulation in the local area brings in white blood cells and other healing elements.

When to use:

Throat compress

1. Sore throat
2. Tonsillitis
3. Laryngitis

Chest compress

1. Chest cold
2. Pneumonia
3. Coughing
3. Asthma

Joint compress

1. Painful and/or inflamed joints

Abdominal compress

1. Slow digestion
2. Constipation
3. Colic

Equipment:

- ✓ Thin cotton cloth large enough to wrap area 1 1/2 times (inner cover)
- ✓ Thick wool flannel cloth large enough to wrap area 2 times (outer cover)
- ✓ Safety pins or Velcro
- ✓ Plastic wrap (optional, but good)

Steps to Follow:

1. Immerse cotton cloth in cold water; wring out excess water; may put a layer of plastic wrap over the cold cloth.
2. Mold compress to area to be treated
3. Wrap snugly with wool so that none of the cold cloth is uncovered or air is able to create draft on cold cloth.
4. Pin or Velcro into place.
5. Leave on several hours or overnight
6. Remove & rub with cold damp cloth and dry thoroughly

Cautions & Considerations:

- Do not use on infants.
- Use dry heating compress if patient is unable to warm it up; do not wet cotton cloth; continue as above.
- Assure patient warmth before starting the treatment.
- Wring out the cold wet cotton cloth as much as possible.
- Make sure the cold cotton is thin so it can easily be warmed up by the body.
- Outer cover should be larger and thicker than inner cloth.
- Wrap both wraps snugly, but not too tight.
- Make sure there is no air able to cause a draft on the cold wrap.