

COMPRESSES

Compresses (wet dressings) help dry oozing rashes, get rid of crusts and help relieve itching. Creams applied to the skin right after compresses are more effectively absorbed.

Types of Compresses:

1. Plain tap water (lukewarm)
2. Saline solution (add 1 teaspoon of salt to a quart of lukewarm water)
3. Burrow's solution (add 1 Domeboro tablet(over the counter) to 1 pint of lukewarm water)
4. Acetic acid compresses (add 1 teaspoon white table vinegar to a cup of lukewarm water)

Compresses are best applied with a clean cloth such as a handkerchief or piece of bed sheet, to encourage evaporation. The total time of compressing should be 20 minutes, with dressings applied 3 to 4 times a day.

Instructions:

1. Soak cloth in the appropriate compress solution that your doctor has prescribed.
2. Wring out the cloth so that it is "squishy" but not dripping wet.
3. Apply to the affected area.
4. After 5 minutes, before the dressing is dry, the cloth should be removed from the affected area, wetted again, and reapplied. Leave on for 15 minutes.
5. After the compresses, the skin should be gently dried and the medication prescribed by your doctor applied immediately.
6. Repeat 3-4 times a day.