Wet T-Shirt

(Heating Compress for The Chest)

A heating compress is a form of hydrotherapy involving a cold moist compress that is applied to the affected area. The body heats the compress in response to the cold. This increases circulation locally, thus increasing the local immune system.

Indications:

Coughs, bronchitis, fever, infections of the chest or any other systemic inflammatory conditions are indications for the heating compress for the chest.

Effects of the heating compress for the chest:

This treatment acts to reflexively increase the circulation and decrease congestion in the chest. It has a sedating action and may help with sleep. This treatment is also effective for pain relief, fever reduction, and increases the healing response during acute infections.

Precautions:

This treatment should be comfortable. You should NOT get chilled during this treatment. Keep warm either in bed or wrapped in a blanket. Change the compress at least every 8 hours and allow the skin to dry for at least 1 hour between treatments. Please consult Dr. Joe Holcomb if your condition does not improve or you have any questions regarding this treatment.

Supplies:

* Cotton T-Shirt
* Wool sweater or sweatshirt, to cover the T-Shirt

Directions:

* Soak the cotton t-shirt in very cold water and wring out so that it is not dripping.
* Warm the chest area for 5 minutes by taking a hot shower or bath. (This is important as the treatment will not be as effective and could be harmful if you are not warmed first.) *No warming is necessary if you have a fever.*
* Put on the wet T-shirt over bare skin.
* Put the dry sweater or sweatshirt directly over the wet T-shirt. (If the dry sweater/sweatshirt becomes saturated with water, the T-shirt is too wet.)
* Go to bed, or wrap up in a blanket to rest and to keep warm
* Leave on at least four hours or until dry