



COMPRESSES

Compresses are one of the oldest treatment methods used in dermatology. They accomplish several goals: (1) softening of the skin to aid penetration of prescribed creams, ointments, or lotions; (2) prevention and/or reduction of secondary infection; (3) relief of pain or itching.

SOLUTIONS

- Burow's Solution (1:40): dissolve 1 packet of *Domeboro* in 1 pint (16 oz.) of cool or warm water
- Baking Soda: dissolve 1 teaspoon of baking soda in 1 pint (16 oz.) of cool or warm water
- White vinegar: add 1 tablespoon of vinegar to 1 pint (16 oz.) of cool or warm water
- Epsom Salts: dissolve 1 tablespoon of Epsom salts in 1 pint (16 oz.) of cool or warm water
- Bath Oil: add 1 capful of bath oil (e.g. *Alpha Keri*) to 1 pint (16 oz.) of cool or warm water (or add the bath oil to one of the solutions recommended above)

METHOD

1. Wet a towel with solution, wring out slightly, and wrap soaked towel around affected area. For hands or feet, white cotton socks or white dermal cotton gloves sold in pharmacies or beauty supplies stores work well.
2. Compress for _____ minutes _____ times a day.
3. Dry area gently and apply prescribed medication _____.