

Pediatric Alternatives

A unique medical practice for children

Wet Sock Treatment

For use of: colds with congestion, ear infections, sinus infections, sore throat

Excellent treatment to help children (and adults) sleep better and speed healing process. Helps to redirect blood from head to feet, which decreases congestion or pain. Reduces need for pain medicine with ear infections.

Instructions:

- 1) Warm the feet in a bath or warm foot soak for about 5 minutes
- 2) Wring out a pair of thin, cotton socks under cold water
- 3) Place cold socks on warmed feet of child
- 4) Cover with a pair of wool socks or thick cotton socks
- 5) Have the child go to sleep with the cold socks on
- 6) If the child is unable to warm the socks after an hour, they can be removed and the feet warmed with vigorous massage or blow dryer set on low
- 7) Good to do both before bed and naps