



● Tucson Naturopathic Family Medicine ●

## Heating Compress To The Throat

This hydrotherapy technique is an amazing tool to heal sore throats and pharyngitis. It can be safely used whether you are at home or traveling. At first sign of sore throat this process can oftentimes prevent an infection from setting in; and, it is very helpful in aiding the healing process in an infected throat. It is called a "heating compress" because the patient's body heats up the cold towel, thus increasing circulation, increasing the amount of white blood cells in the area, and helping the body to clear out the area of debris.

**You will need:**

**1 scarf (wool preferable but thick cotton will work too)**

**2 hand towels (or wash cloths for very young children)**

**Saran Wrap**

1. Soak one hand towel in warm/hot tap water and wring out WELL, so that no water is left in the towel. Place around neck for 2-3 minutes.
2. Soak the other hand towel in cold tap water and wring out WELL, so that no water is left in the towel. Take off the warm towel and place the cold one around the neck.
3. Cover the cold towel with one layer of Saran Wrap or a small plastic bag (do not allow a child to play with a small plastic bag). Cover with wool scarf wrapped around throat.
4. Go to bed and leave compress on neck all night long. If heating compress is done in the morning or during the day, leave on at least 45 minutes, or until the compress is warmed and somewhat dry. The patient can move around while the compress is on, if desired.