

ALTERNATING HOT/COLD COMPRESS

This valuable hydrotherapy treatment can be applied to any area of the body. The description below is for acute or chronic sinusitis and is an essential component to successful treatment. This treatment may be used for headaches, earaches, etc.

Alternatively to using face cloths or towels, the alternating hot/cold can be done in the shower. Materials needed for application to the sinuses, outer ear, head, etc.:

1. 2 face cloths or heat/cold packs
2. hot water
3. cold water

Procedure:

1. Soak one face cloth in hot water. Wring it out so the water is not dripping. Place the face cloth over your nose and eyes and leave for 3 minutes.
2. Have the second face cloth soaking in cold water. Wring it out and place over the same area for 30 seconds.
3. Repeat this alternating technique 2 more times. Three times in all. Hot 3 minutes, cold 30 seconds.

The entire procedure will take 10 minutes and 30 seconds once you have everything organized.

Frequency:

1. For severe and acute problems, morning and evening.
2. For less severe and maintenance, once a day.
3. It is usually very helpful to follow this procedure with the nasal lavage procedure.

