

ALTERNATING HOT / COLD COMPRESS

This is a valuable hydrotherapy treatment and 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.

Alternatively, using face cloths or towels, the alternating hot / cold can be done in the shower.

Materials Needed for Application to Sinuses:

1. 2 face cloths
2. Hot water
3. Cold water

Procedure:

1. Soak one face cloth in hot water.
Wring it out so water is not dripping everywhere.
place 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 total.
Hot 3 minutes, cold 30 seconds.

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

Frequency:

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