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EAR COMPRESSES

Ear compresses are beneficial in cases when inflammation or infection along with pain of the middle ear is present.

SUPPLIES

ONION COMPRESS:

- Organically handled/grown onion
- Knife and cutting board
- Square of 100% cotton muslin or sheeting (sized according to patient; 6 X 6 (inches) is versatile)
- Cotton or wool flannel strip of fabric, long enough to wrap over and around head, cross under chin and tie behind neck
- For young children – a hat with ties on sides
- Safety pin

CHAMOMILE COMPRESS:

- Fresh chamomile flowers
- Cotton muslin square as above; cotton or wool flannel as above
- Hat as above; safety pin

PROCEDURE

For the onion compress: Chop onion very fine or carefully slice one thin slice of onion. Then place about a teaspoon (slightly more depending on the size of the patient) of chopped onion or the one slice, in the center of the muslin cloth. Bring edges in toward the center as if to make an envelope of onion. Pin or tape the folded ends together – you have a little pouch. Place the compress over and behind the ear. Hold in place with the strip of flannel, tied as directed. Put hat on over the cloth tie. Check periodically to be sure the skin under the onion is not irritated; if so remove the compress. Have patient sleep on the side with the ear ache. The onion compress can be left on for several hours. When the compress is removed, insert cotton or wool fleece in the external ear canal. Keep the head covered with the hat even when indoors.

For chamomile: Place a teaspoon or a little more chamomile flowers in the center of the muslin square. Fold and pin as directed above. When the packaging is, use kitchen tongs to

hold the package for a few seconds over a steaming tea kettle to warm and moisten the chamomile. Feel the temperature of the compress on forearm prior to applying to the ear. It should be *warm*, not hot and *moist* not wet. Then proceed as directed above in application to the ear.