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LEMON CALF WRAPS for FEVER

Compresses with lemon juice on the feet and lower parts of the leg are often given when a patient is in danger of losing consciousness because of fever, or starts to become delirious. Often calf wraps can be helpful if the patient appears very uncomfortable with the fever, and especially in the case of children, can be applied when the fever is 102 and the child seems to look unclear or hazy, not themselves. Excessive heat of the head must be conducted to the legs.

Guidelines on when to apply: If the skin is hot right down to the calves; If the temperature is 102 degrees or greater; or if the temperature is 101 but the child looks and acts as if it were higher and the extremities are hot. At this stage, the body is ready to disperse warmth. The patient will usually show visible signs of a high fever: lethargy, drowsiness, lack of focus as seen in the eyes, which probably look glazed to some degree, occasionally lack of mental clarity. Never apply if the legs and feet are cold or if the child is shivering even when there is a high fever. If there are no visible signs of discomfort, this compress is not needed.

Collect at the bedside:

- **Bowl of warm water (body temperature)**
- **A lemon (preferably organically handled/grown)**
- **Sharp knife**
- **Two bands of cotton cloth long enough to be wound from foot to knee.**
- **Two woolen cloths of the same length – a scarf will often do. For small children, collect several pairs of larger wool socks.**
- **Large towel**
- **Two safety pins**

The patient should be positioned comfortably in bed, adequately covered; legs bare above the knee but covered during preparations with bed covers. Protect the bed under calves and feet with a large towel.

The patient's feet must be warm for this treatment to be given. If need be, first warm them by rubbing or by using a covered warm water bottle.

Cut the lemon under the water, first in half. Place one half flat on the bottom of the bowl and cut it in rays from the center outward. Scrape the rind with the tip of the knife. Then press the juice out of the lemon.

Soak the cotton compresses in this lemon water. Place cool wraps, rolled beside the patient's feet.

Wring the cotton compresses out until the last drop is expressed. Wrap the leg from foot to knee with the damp compress, leaving no gaps and assuring that the compress comes in good contact with the skin. Then quickly wrap the woolen strip around the foot and leg in the same way. Pin the end of the wrap.

Repeat this procedure with the second leg. Cover with the bedclothes.

After about 20 minutes the compresses should be dry (if you managed to wring them out well enough.) Remove them and repeat the procedure if necessary (and if the feet are warm). You can do this for the maximum of an

hour and should then allow a pause before resuming. If the patient is comfortable and resting after the first treatment, there is no reason to repeat the procedure.

NOTE: *This treatment would be necessary only if the patient is having difficulty because of the fever, i.e., becoming confused, delirious, or too exhausted etc.*