

LEMON LEG COMPRESS FOR FEVER (30 MIN)

Indications

Compresses of lemon on the feet and lower parts of the leg are given when there is fever with potential loss of consciousness or delirium. May also be used for a sore throat.

Materials

- ½ lemon
- Bowl of lukewarm water large enough to cut the lemon underwater
- Knife to cut lemon
- 2 long compresses to wrap the leg
- 2 wool covers or adult size pair of sock for small children

Preparation

Take the lemon half and place in the water. Cut the broad surface with 3 deep score marks to make a 6 pointed star. Score the peel side with the knife. Turning the half broad surface down underwater, press the lemon flat, releasing the juice and oils from the peel into the water.

Roll the compresses to be used (like a cinnamon roll) and soak in the lemon water. As they soak, prep your patient by making sure they are comfortable in bed. Turn up the blankets at the foot of the bed and bare the legs to just above the knee.

Application

Bring the compress bowl close, and squeeze one compress at a time so that there is almost no liquid left in the compress. Wrap the leg, secure the end and then cover with the woollens. Leave on for 20 – 25 minutes. At the end of the treatment, the compress should be dry. If it is not dry, and the feet and legs have become too cold, remove the compress and warm the legs. If the patient relaxes and sleeps after the treatment, the wraps may stay on as long as you are sure they have dried.

Frequency

The treatment may be repeated immediately (if the desired effect has started but has not come far enough) or at intervals as indicated (if the fever rises again).