CASTOR OIL PACK

REQUIRED ITEMS

- 1. Castor Oil
- 2. Flannel
- 3. Water Bottle (optional)
- 4. Plastic

METHODS

Option (A)

- 1. Fold flannel twice so that it is three layers thick and approximately 3" x 6" {75mm x 150mm}
- 2. Soak flannel in warm castor oil.
- 3. Place flannel over area to be treated (ask your health care provider to show you the area they desire treated).
- 4. Place plastic over flannel (to prevent staining of linens and clothing).
- 5. Leave flannel soaked in castor oil in place for between 30 minutes to 2 hours.
- 6. While treatment is being applied, rest comfortably.

Option (B)

- 1. Soak flannel in castor oil.
- 2. Wrap flannel around a hot water bottle.
- 3. Place flannel (and water bottle) over area to be treated (ask your health care provider to show you the area they desire treated).
- 4. Place plastic over flannel (to prevent staining of linens and clothing)
- 5. Leave flannel soaked in castor oil in place for between 30 minutes to 2 hours.
- 6. While treatment is being applied, rest comfortably.

NOTE: Any oil that discolors linens or garments can be removed by washing with baking soda