

## Warm Compresses

Warm compresses are to be used for 15 minutes 3 times a day for 10 days. Patient has been instructed to put a washcloth underneath hot water and then to apply to the affected area. When the wash cloth starts to lose its heat, put the washcloth underneath the hot water again to warm it up and then place back on the affected area. Do this for about 15 minutes. Please do not burn your skin by the hot water. It needs to be hot but not damaging or hurtful to the skin. This is a vitally important treatment and this plan needs to be followed religiously. If you start to develop concerning signs or symptoms like increased redness, swelling, tenderness, fevers, chills, night sweats, ..., then please call the office at 719-531-5400 or go to the Emergency Room if we can't be contacted.

**North Location:** 8580 Scarborough Drive, Suite 225  
Colorado Springs, CO 80920

**South Location:** 1220 Lake Plaza Drive  
Colorado Springs, CO 80906

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