Warm Packs

The purpose of a warm pack is to provide comfort and/or increase blood flow to an area of discomfort.

**Warm dry packs** should be used to help with discomfort:

Wash hands and gather all supplies: two wash cloths, tape and a plastic bag.

1. Moisten first wash cloth with warm tap water.
2. Place moistened wash cloth in plastic bag.
3. Seal plastic bag with tape or use zipper-lock bag.
4. Apply dry wash cloth to area of discomfort.
5. Place warm dry pack on top of dry wash cloth.
6. May repeat as needed.

**Warm moist packs** should be used to increase blood flow (i.e., with all Peripherally Inserted Central Lines (PICC), and for other problems as directed by your child's doctor):

Wash hands and gather all supplies: two wash cloths, tape, scissors and plastic bag.

1. Cut several small holes in the plastic bag with scissors.
2. Moisten one wash cloth with warm tap water.
3. Place moistened wash cloth in plastic bag.
4. Seal plastic bag with tape or use zip-lock bag.
5. Place warm moist pack on top of dry wash cloth.
6. May repeat as needed.
7. Apply for 20 minutes and then remove.
8. Repeat this at least 4 times a day for 2 days.

**Safety tips:**

- **Do not** use microwave to heat pack.
- **Do not** use boiling water to heat pack.
- **Only use** warm tap water to heat warm pack.
- Do not leave your child alone while warm pack is in place.
- Be very careful when using warm pack with children that can not feel heat (i.e., paralyzed areas, scars, etc.).
- Check the area for redness or white color every 5 to 10 minutes.

**Stop using the warm pack and call your child's doctor or ________________ for any of the following problems:**

- Your child's skin stays red one hour after warm pack was removed.
- Your child complains of increased pain, tenderness, or a burning sensation.
- You see blisters forming.