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Burrow's Compresses



Burrow's compresses are an effective way to treat eroded on inflamed skin and has drying as well as anti-bacterial and anti-fungal properties.

Dissolve 2 Domeboro tablets or packets of Domeboro powder in a pint of water (available over the counter at most pharmacies).

Once the solution is mixed in can stored in a refrigerator in a covered container and re-used for up to 1 week.

To prevent contamination of the larger batch, pour a sufficient amount into a dish for each compress session.

Cut a white cotton material (i.e. an old T-shirt or bed sheet) to the appropriate size and dip the cloth into the compress solution then wring it out so that the cloth is wet but not dripping.

Apply the wet cloth (ideally 2 layers thick) to the area to be treated and leave in place for 20-30 minutes. Ideally the cloth should be re-wet and re-applied half way through the compress session.

Treat 1-2 times daily as directed.

Contact the clinic with any questions or problems.