Warm Compress

- Soak a towel in a mixture of 1 to 2 teaspoons of baking soda per litre of lukewarm water.
- Apply to affected area for 5 to 10 minutes, then air-dry.
- Apply 4 to 5 times daily.

PD 9290 – 02/2016

Juravinski Cancer Centre
HAMILTON HEALTH SCIENCES

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