

# WET SHEET PACK

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## A Vigorous Detoxifying Therapy

### DESCRIPTION

This is a full-body wrap with a cold, wet sheet wrapped directly around the patient with several layers of dry blankets on the outside. The dry blankets are placed on top of the person to help regulate the temperature of the therapy and the amount of evaporation required.

### RATIONALE

Used to increase metabolism and circulation and to encourage hyperthermia and sweating. The cold application to the skin stimulates a heating response (which continues as the water evaporates). The greater the area of skin stimulated by cold, the greater the heating reaction. As the person responds to the therapy, varied reactions occur including: stimulation, sedation, hyperthermia, and lastly diaphoresis.

### EQUIPMENT

1 sheet, 2 wool blankets, hot packs, cold compress, towels, pillow.

### PROCEDURE

Soak sheet in cold water and wring out. Wrap the person in the sheet and let them lay down on their back, head resting on a pillow. Wrap the dry wool blanket on top of the wet sheet and tuck in around patient, use additional blankets as needed. Apply hot packs to the feet to be sure that the person stays warm. Apply a cold compress to the head as necessary and offer water to drink. When the therapy is complete, unwrap the person and apply cold mitten friction. Allow the patient to rest in dry bedding for 30 minutes. The duration of treatment may vary from 30 minutes to eight hours depending on the desired response.

### INDICATIONS

1st stage: Fever; weakness, anemia, general debilitated states.

2nd stage: Depression, mania, insomnia, nervousness, indigestion.

3rd stage: Constipation, nephritis, liver congestion, irritable bowel, ulcerative colitis, Crohn's disease, malabsorption; and pneumonia.

4th stage: Cold, flu, bronchitis, addictions, liver disease, measles, and as a preventative measure.

### CONTRAINDICATIONS

Diabetes, very severe colds or flu, skin conditions made worse by moisture, acute asthma, claustrophobia, cardiovascular disease, extreme weakness, chilled patient. Use caution with very young or old patients.