

Instructions for Paraffin Wax Treatment

What is needed: Paraffin wax unit, plastic wrap or plastic bags, and terry cloth towels.

Preparation: After you have followed the manufacturer's instructions to melt the paraffin, insert the thermometer; the temperature should read **126 degrees F**.

If it is too hot, turn the temperature down to LOW and test again with the thermometer.

When the temperature is **126 degree F**, you are ready.

Treatment: Roll up the sleeves of your shirt, remove all jewelry, and wash and dry hands.

Spread your fingers apart and slowly put your hands in the wax.

DO NOT TOUCH THE SIDES OR BOTTOM OF THE PARAFFIN UNIT.

Remove your hands right away but be gentle.

Count to five, and then put your hands back in the wax.

Repeat, five more times.

Cover your hands with plastic bags and then wrap them in a towel.

Wait 20 minutes.

Remove the towels. Remove the plastic bags and throw away.

Peel the paraffin wax from your hands and return paraffin to the unit, as it can be used again.

TURN OFF THE UNIT.

DO HAND EXERCISES WHILE HANDS ARE STILL WARM.

NOTE: Do not use paraffin if you have open wounds or cuts on your hands. If this occurs, call your health professional.

When wax in the unit starts to look dirty or is no longer white, clean the unit and change the wax.

Paraffin units can be purchased from pharmacies and discount stores, such as Wal-Mart, Target, K-Mart, Costco, or Sam's Club, or online.