



## ***THE ART – SCIENCE – PARTICALITY OF PROPER POULTICING***

### **ART – The Application**

- Wet Leg Thoroughly First
- Brush Leg to Ensure Correct Direction of Hair
- Apply a Thin Layer of Poultice in the Direction of the Hair
- Dip hand in Water to ensure a Smooth Outer Coating Before wrapping

### **SCIENCE – Understanding the Process**

Poultice and the application of; have been used by man-kind for centuries. Mud from local sources was used to cool and sooth areas of inflammation. As the benefits of poultice became more widely known and accepted – different clays were processed that were ideal in retaining moisture, minimizing irritation, and exhibiting properties that were viewed as being “customer friendly” – e.g. easy to apply, easy to wash off.

As technology and science advanced, other ingredients were added to increase heat, increase cooling, disinfect, and in general add extra value to an old world formula appreciably improving the overall performance of the product. Some of these products are referred to as Medicated Poultices.

Equilite’s Sore No More Cooling Clay Poultice is a SUPER PREMIUM POULTICE that contains approximately 1/3 Sore No More solution by weight. The performance of this product is exceptional however as in any veterinary application of a product – knowledge is required to properly apply and manage the use, benefits and results of the poultice.

### **PRACTICAL POULTICING TIPS**

- Always ensure the leg is clean prior to application.
- Always ensure leg is wet before application.
- Use ONLY PAPER unless you are experienced with how “plastic wrap” impacts the heat exchange process and the “signs” to look for throughout the application process.
- Poultice no more than once every 6 to 12 hours. Remove poultice after the initial application period to evaluate the process. Is there more heat, less heat, more swelling, less swelling, more infection, less infection – what are you observing and is it what you are expecting?
- Between poultice applications – let the leg “stabilize”. Stabilizing is the act of establishing a “base line” from which you can further evaluate the next step.
  - A “base Line” can be attained anywhere from a ½ hour to say 2 hours. At this time a determination can be made as to what the next best step might be. These steps might include;
    - Hose the leg with cold water – this produces two processes;
      - Stimulates circulation increasing blood flow;
      - Counters the effect of inflammation by cooling the leg
    - Wrap the leg with a mild to moderate support wrap to create a modest “pressure bandage” – this procedure prevents the accumulation of edema and helps dissipate the edema.
    - Reapply poultice
    - Ask for another opinion
    - Do nothing
- Under NO CIRCUMSTANCE should a leg be poulticed more than twice in any 24 hour period.