

	Montana Mental Health Nursing Care Center Policy Manual	Policy Number	545
		Original Date	07/15/2003
	Department: Nursing	Revised Date	07/10/2014
	Paraffin Bath		

PURPOSE:

Provide non-analgesic pain relief to joints of the hands and wrists by delivering moist conductive heat through thermal energy. The treatment lowers viscosity of connective tissue and allows for easier range of motion.

PROCEDURE

1. Obtain physician's order for use of paraffin bath. Contraindications for use include PVD, diminished sensitivity to hand, Reynaud's disease, open wounds or infections.
2. Necessary equipment/supplies are paraffin bath, plastic bags, terrycloth towels.
3. Temperature of paraffin should be between 125 - 130 degrees.
4. Remove all jewelry and wash patient's hand prior to treatment.
5. Dip hand into the bath up to the wrist. Remove the hand long enough for the shine to fade from the paraffin. Dip three times to produce a glove effect.
6. Place the hand in a plastic bag and wrap it with a terrycloth towel for insulation.
7. Recommended treatment time is 10 – 15 minutes.
8. Remove paraffin from hand after treatment and discard.
9. Wash hands.
10. Document procedure in treatment book.