
春風 Spring Wind Herbs

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DIRECTIONS FOR USE OF AN HERBAL SOFT PLASTER

1. Spread the soft plaster evenly on gauze (spread to a thickness of about 1/8th of an inch).
2. Place dressing on the affected area and secure with medical tape or with a gauze bandage roll (an Ace bandage is appropriate for some injuries as well). Do not apply the dressing too tightly; it should maintain contact with the skin but not hinder circulation or cause pain.
3. Change the dressing daily.
4. Discontinue use and consult your practitioner if redness or irritation of the skin develops.

NOTE: Soft plasters may stain clothing, bedding or other fabric. You may want to cover the dressing with an old sock, or T-shirt, or even plastic wrap.

Further Suggested Usage Instructions:

- Before applying the soft plaster to the gauze, you may add a capful of Dr. Shir's liniment to the plaster in the jar and stir it into the top portion of the plaster. After you use up that portion of the plaster, stir in another capful of Dr. Shir's liniment. This both enhances the efficacy of the plaster and makes it easier to spread. Please note that one should **not use an isopropyl-alcohol-based liniment** for this purpose because long-term contact with isopropyl alcohol will often cause a rash or irritation (use Dr. Shir's or another ethyl-alcohol-based liniment only).
- The efficacy of the soft plaster can be increased by crushing fresh herbs (such as dandelion, hibiscus leaves, or chrystanthemum leaves) and mixing them into the soft plaster just prior to its application.
- To make removal of plaster easier, consider placing a thin layer of gauze between the skin and plaster. If using a traditional gauze pad, this can be accomplished by cutting one edge of the pad so that the first sheet is free from the second one (the first sheet then becomes a flap). Before applying the soft plaster to the gauze, you may peel back the top layer of the gauze, apply the soft plaster to the second layer and fold the top layer back into place to make a sandwich. Apply the gauze with the single-layer-side face-down on the affected area. This is a clean way to prepare a plaster and makes the plaster very easy to remove or replace.

Cover the gauze packet (gauze enwrapped plaster) with an impermeable membrane such as wax paper, a leaf or plastic wrap to prevent the plaster from permeating the gauze and staining. This also helps to keep the plaster moist and moisture is important for the plaster to be effective. Alternatively, this impermeable membrane can be placed between two of the layers of gauze to keep it in place. If this is the case, the order of things in the plaster packet will be:

Skin → single layer of gauze → soft plaster → next layer of gauze → impermeable membrane → remainder of gauze layers.