



Castor Oil Packs for Pain and Inflammation

Castor oil packs are external poultices used on the abdomen. Castor oil packs reduce pain and inflammation. Used faithfully over time they can reduce scar tissue and adhesions.

How to Use a Castor Oil Pack for Adhesions

1. Soak a cotton flannel or wool cloth that is several layers thick with castor oil. (You don't want it dripping wet.) Place the cloth over your abdomen. You can choose a size that is appropriate for you. If you have had multiple surgeries and many adhesions, you may need a large cloth to cover a large area. If you know your adhesions are more focused in one area (if perhaps you have had your gallbladder out, or had gynecological surgery) then you can make a pack that suits that area of the body.
2. Cover the castor oil cloth with a piece of plastic. Plastic wrap from the kitchen is fine. Use an ace bandage or something similar to help secure the castor oil pack to your abdomen. Ladies will find that a spandex camisole and/or leggings will hold the pack in place nicely. (But know that your garments may end up stained with castor oil; use old garments.)
3. Next apply a heating pad or hot water bottle. The heat helps the castor oil to penetrate the skin.

Use the castor oil pack for 2 hours or overnight.

Do not use a heating pad overnight - turn it off when you are going to sleep; the heat will be retained for a while. Do this 4 nights on, 3 nights off. Using this overnight may help you to sleep better!

Women should not do this during their periods, though they may find that it relieves PMS menstrual cramping if used in the days leading up to menstruation.

You may want to sleep in old clothes and on old towels to make sure you don't get castor oil stains where you do not want them.

You do not need to make a new castor oil pack each day. You can add more castor oil to the pack as needed. If you use this treatment for several months, start with a fresh pack each month.