

Patient information page: Honey Ointment

Ointment Preparation and Wound Dressing Tips

Materials required:

1 oz local raw honey or imported manuka honey or Medihoney™ (Honey with crystals is extra potent and prized for medical use)

1 oz Aquaphor (may use Un-Petroleum™ (Alba Botanica—Ingredients: Castor seed oil, coconut oil beeswax Available on web if there is objection to petroleum products or if allergy to lanolin, but less clinical experience with wound healing)

1 2 oz plastic cosmetic jar with threaded sealable cap (available in pharmacies)

1 label or marker pen

Mixing: run hot water bath over ingredients for 30 minutes to bring up to about 105 deg F. but do not boil water or ingredients. Wash hands before mixing. Add 1 oz of honey and aquaphor to jar. Mix thoroughly with small butterknife for 1 minute. Increase recipe proportionally and mix with hand mixer. Mixing vessels should be clean from dishwasher but need not be sterile. Label with contents (eg. Raw Honey: Aquaphor 1:1, your name and date) Shelf life is unknown, perhaps many years. Refrigeration can be used to prolong shelf life but ointment may be stiff and hard to use unless rewarmed before use.

Dressing wounds: First, irrigate wound with sterile saline. Pat dry with sterile gauze. Wounds with profuse bleeding which are new (less than 6 hours old) may do better with sutures (stitches) in a clinic or ER. Hydrogen peroxide can be useful for initial cleaning of grossly contaminated wounds but is toxic and delays healing when used at dressing changes. Deep wounds sometimes do best with pure honey covered with non absorbent gauze dressing. Superficial wounds are easier to manage with above ointment to control honey's tendency to run at body temperature. Cover wounds with nonabsorbent gauze. Plastic adhesive dressing covers are now available popular and practical. Clear plastic dressings may allow patient to wash, even shower. Honey based dressing can and should be left in place for 3-4 days to avoid disturbance of wound matrix. Change dressing sooner only if pain, fever, drainage, or soiling or wetting of dressing. Infection of such wounds is very rare. Honey reduces risk of infection, cost of materials, labor, time and pain associated with dressing changes. Odor is eliminated.

Call your Doctor if increased pain, drainage fever, chills or growing redness or swelling about the wound. Streaks heading to center of body may be warning of spreading infection requiring a medical visit.

For more discussion and scientific references see "honeyointment.org"