

Healing with Honey

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Guidelines for Using Honey for Wound Healing

These guidelines are taken from research conducted at the University of Waikato, New Zealand.

Use only raw, uncooked honey. Darker honey may have more medicinal properties.

Remember, wounds that fail to heal could indicate more serious conditions such as cancer or circulatory problems.

The amount of honey needed to treat a wound is dependent on two factors, the amount of fluid exuding from the wound, and the size and depth of the wound.

If the honey is diluted by fluid in the wounds, the dressings need to be change more frequently (three or more times a day). Usually, as a wound is healed by the honey dressings, the amount of fluid is decreased and the dressing doesn't need to be changed as often.

Change dressing at least once a day but up to three times a day may be needed.

Necrotic tissue, pus, and debris will be drawn from the wound making other more invasive treatments, such as debridement unnecessary.

To apply honey to wounds, consider purchasing a plastic tube sold by camping supply stores and filling it with small amounts of honey as needed. Clean the tube and tip completely between treatments.

To Dress a Wound with Honey:

Saturate an absorbent sterile gauze pad with honey. For a 4" x 4" dressing, use approximately 1 ounce of honey. Use a pad that completely covers the wound and any inflamed areas surrounding it.

Apply the honey-soaked dressing to the wound. Cover this dressing with a waterproof (occlusive) dressing larger than the honey dressing. Secure with surgical tape.

When treating abscesses, puncture wounds, deep cavities, etc., completely fill the wound with honey, then apply the honey dressing and cover with a waterproof dressing.

Change dressing several times a day, depending on the amount of fluid being produced by the wound. The more fluid, the more frequently the dressing should be changed.