

Patient Education Sheet – Example



What is aromatherapy?

In every plant, there is an oil that is “essential” to that plant. These oils can be removed from the plants and used in many ways.

Each essential oil has its own unique smell and effect on a person’s body. When people use an essential oil to get their bodies to respond in a certain way, it is called aromatherapy.

Your body can absorb essential oils several ways. You can breathe the essential oil into your lungs, or you can absorb it into your blood if you place it on your skin. Your skin is like a sponge, and what you put on your skin may quickly enter your bloodstream.

An essential oil can be used by itself or with other essential oils to get a specific response from your body.

How does XYZ Hospital use essential oils?

Your caregivers will offer you essential oils to help you throughout your hospital stay. The essential oils do not take the place of the medicines or treatments that your doctor prescribes for you. However, essential oils can help with:

- Anxiety
- Pain
- Nausea
- Fatigue
- Sleeplessness
- Problems going to the bathroom
- Grief
- Overall relaxation

The essential oils that we use here are all carefully chosen to make sure they are the right essential oils and strength for our patients.

You may use essential oil by rubbing a diluted blend on your skin or inhaling a drop from a cotton ball.

For essential oils you can smell

We place a drop of essential oil on a cotton ball or band-aid and tape it to your gown. We can also place the cotton ball in a small container or baggie for you to smell when you want.

For essential oils you can use on your skin

We use diluted (thinned) essential oils that you can safely use on your skin.



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What do I need to be careful about?

Keep all essential oils out of the reach of children. Certain essential oils can be used with children age 5 or older.

Essential oils are for external use only. Never drink one or put any inside your body.

Keep essential oils away from eyes. Tell your nurse if some gets in your eyes.

Essential oils we use

Lavender

Lavender can help you relax and give you comfort from pain. You can use lavender for hand and foot massages or on painful areas, or smell it from a cotton ball to help you relax.

Bergamot

When you smell bergamot, it can help you with depressed mood, anxiety, and stress.

Sweet orange

When you smell sweet orange, it can help you with depressed mood, anxiety, and stress. Sweet orange may also help you with an upset stomach when you smell it or rub it on your belly.

Ginger

When you smell ginger, it can help you with an upset stomach, a stuffy nose, or pain.

Spearmint

When you smell spearmint, it can help you with an upset stomach and stuffed nose.

Peppermint

When you smell peppermint, it can help you with an upset stomach, stuffed nose, or headache. Peppermint may also help if you have trouble going to the bathroom after surgery. Your nurse will put a couple drops of peppermint in the toilet before you sit down. This may help your muscles to relax and your urine to flow.



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