Restore

If you are proficient in Medicine, you can spend one minute to try to bandage the wounds of a creature outside of combat. Make a DC 13 Medicine check while wielding a healer's kit, expending one of its uses; on a success, the creature can expend one hit die and add their Constitution modifier to it, regaining a number of hit points equal to that total. If you beat the DC by 10 or more, or if you roll a natural 20 for the check, the patient can add a second die of the same type to the healing received; this second die is not expended, as it is not considered a Hit Die. If you fail the check, that creature is immune to your restoration attempts for one hour or until they complete a short or long rest, whichever comes first.

If you have the Healer feat, you can attempt to Restore as an Action in combat, but the DC is slightly higher (DC 15). Failing this check does not prevent you from attempting another Restore check on that creature in combat. Restoring can only be done in this manner during the high-speed action of combat; once combat is over, your Restore checks revert back to a minute, and they can once again lock you out of being able to heal that creature in this way, as mentioned above.

This optional rule implements a way for characters to use Medicine to attempt to heal themselves and allies outside of combat without relying on a short rest, which can be useful in many circumstances where players may feel their characters do not have time to wait for a full short or long rest, or in times where only a small amount of damage was taken. By tying it to an ability check, it does not invalidate short rests as a method of recovering HP, as it is not guaranteed a character will succeed in restoring HP. By limiting the amount of healing granted, it also incentivizes taking a rest when multiple characters need a large amount of HP restored, as they may not be able to succeed enough checks to finish healing everyone up.