



Vinegar-Water Soaks

Supplies Required:

<input type="checkbox"/> White vinegar	<input type="checkbox"/> 100% Cotton rags <i>or</i> cotton balls <i>or</i> gauze	<input type="checkbox"/> Saran Wrap
<input type="checkbox"/> Distilled water	<input type="checkbox"/> Q-tips	<input type="checkbox"/> Ointment

Prepare Vinegar-Water Solution:

- Mix **1 ½ ounces of white vinegar with 1 quart of distilled water**
Or, for smaller areas
- Mix **1 teaspoon of white vinegar with 1 cup of distilled water**

Use of Dilute Vinegar Soaks:

1. Wash/wipe all ointment off the wound with a moistened Q-tip, gauze, or cotton rag.
2. Soak the wound with dilute vinegar solution for 10-20 minutes.
 - Place a cotton ball/rag/gauze which has been soaked in the solution on the treated site. You may need to replace with freshly soaked cotton balls/rags/gauze to ensure they have not dried out.
3. Gently clean the wound with a dry Q-tip for no longer than 1 minute.
 - A Q-tip may be used to gently remove any of the peeling skin or crust that comes off freely. This should not hurt or cause bleeding. **Do NOT be overly aggressive with the removal of peeling skin.** If it does not peel freely with gentle traction do not force it off.
4. Let the wound dry, then apply a thick coat of ointment to the treated area. Use Aquaphor, Vaseline, Polysporin, or prescribed ointment if applicable. **Do not use Neosporin.**
5. For surgery sites:
 - Apply a fresh dressing following instructions on wound care handout.
6. For laser sites:
 - At night you may cover the area (with care to avoid covering the mouth and nose if treating face) with saran wrap to prevent the skin from drying out.
7. Repeat this regimen of cleaning, soaking, and ointment application as instructed by your provider or within the following general parameters:
 - 1-2 times daily
 - Until skin is healed
 - 3-4 times daily
 - Until peeling is complete

If you have any questions please call our office.

Patient Specific Instructions: