

## Vinegar Water Soaks

Your doctor has recommended that you use vinegar soaks as part of your wound care regimen.

*If these soaks cause excessive discomfort, discontinue them and notify our office by calling 205.871.7332.*

1. Cleanse your wound with mild soap (Vanicream, Free&Clear, Cetaphil, CeraVe or Aveeno) and water.
2. Mix one tablespoon of white vinegar in one pint of warm water.
3. Soak affected area in the dilute vinegar solution or dampen a clean washcloth and apply to affected area for 30 minutes.
4. After the vinegar soak, apply Vaseline or Polysporin ointment to the wound and cover with a bandage.
5. Repeat the above with every dressing change or \_\_\_\_\_ times per day.

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