

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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