

# ConradPetersen

DERMATOLOGY

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## **Vinegar Soaks (acetic acid)**

When a wound is healing, there are certain times when it will benefit from a change in the kind of wound care being applied. Vinegar soaks are often very helpful in finishing the wound healing.

### **Instructions**

1. Mix 1 tablespoon of white vinegar to 8 oz. of water.
2. Soak gauze in the solution and apply to the affected area 2-3 times a day for 10-20 minutes.
3. Rinse off.
4. Pat dry with gauze.
5. Store solution in refrigerator, discard after one week.
6. Continue soaks for the time period directed by the doctor. This will assist in the healing process.