

Vinegar Soaks

Purpose:

1. The soaks are very soothing to the area
2. The soaks help prevent infection by creating an environment that inhibits the growth of bacteria.

Procedure:

1. Boil one quart of water
2. After it has boiled, add ½ cup of white vinegar
3. Let the solution cool until warm
4. Pour a small amount of the solution in a small, clean bowl
5. Store the remaining solution in a clean jar, such as a juice jar, that has been washed in the dishwasher
6. Wet a clean washcloth with the warm vinegar solution and apply to the area for five minutes
7. Rinse the wound with water to remove the vinegar and apply the ointment and dressing as instructed
8. The vinegar solution may be stored in the refrigerator and a small amount re-warmed before each use
9. Repeat the procedure twice a day

If you have any problems or questions, please call my office at (401) 751-7546.