



Vinegar Water Soaks

Dr. Hartman has recommended that you use vinegar soaks as part of your wound care regimen. If these soaks cause excessive discomfort, discontinue them and notify the office.

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

