

VINEGAR SOAKS INSTRUCTIONS

Preparation and storage of vinegar solution:

1. Boil one (1) quart of water.
2. Add ½ cup of white vinegar.
3. Let cool until warm.
4. Place vinegar in a clean jar, such as a juice jar or mason jar that has been washed.
5. The vinegar solution may be stored in the refrigerator and re-warmed before each use.

Wound Care with vinegar solution:

1. Wet a clean gauze or cotton ball with the prepared vinegar solution and apply to the wound for 5 to 10 minutes.
2. Using gauze or your clean fingertips, clean wound gently by dabbing with soap and water.
3. Apply the dressing as instructed.
4. Perform wound care and dressing changes **once daily** until instructed to change or discontinue your wound care.