

Vinegar soaks

White vinegar soaks speed up wound healing and reduce post-procedural skin infections

- Mix 1 cup of water with 1-2 Tablespoons of white vinegar
 - Soak gauze in a vinegar solution and squeeze excess water
 - Put vinegar soaked gauze on the wound for 5-10 min
 - Gently wipe the wound following the soak to remove any loose debris and crust
 - Apply Vaseline/white petrolatum/Aquaphor to the wound and cover with bandage
 - We recommend this to be done daily until wound heals or as instructed by your doctor
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