

# After Care

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## Vinegar Soaks

Check below for information on how to prepare vinegar soaks for your wound care.

1. Boil one (1) quart of water.
2. Add ½ cup of white vinegar.
3. Let cool until warm.
4. Wet a clean gauze or cotton with the vinegar solution and apply to the wound for 5 to 10 minutes.
5. Clean wound with Q-tip and apply the dressing as instructed.
6. Place vinegar in a clean jar, such as a juice jar which has been washed.
7. The vinegar solution may be stored in the refrigerator and re-warmed before each use.