



GEORGIA SKIN
CENTER

770-535-SKIN (7546)

VINEGAR AND WATER SOAKS

- 1 tablespoon distilled white vinegar
- 2 cups tap water (chilled or room temperature)
- Gauze (or clean paper towel, baby diaper, bath cloth, dish cloth, etc)

Mix vinegar and water. Dip gauze in water and dab on site. “Dip and dab” for 5 minutes, once or twice daily, as instructed.

You may mix fresh each time, or you may pour some mixture into a container to save in refrigerator for up a day. Make fresh solution each morning. Do not “double dip” into solution if using later that day.

Do NOT rinse vinegar; instead let air dry or pat dry.

Apply Vaseline, Aquaphor, Polysporin or other topical as directed.

Cover with non-stick gauze or bandage if instructed to do so. Otherwise, do not cover.

Use caution if performing vinegar and water soaks near porous surfaces, as this may etch natural stone such as marble.