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Vinegar Soaks

When a wound is healing, there are certain times when it will be beneficial from a change in normal wound care. Vinegar soaks are often used to help “finish” wound healing. In addition, vinegar soaks have antibacterial and anti-inflammatory properties.

Instructions:

1. Boil 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 10 to 20 minutes.
5. Clean wound with Q-tip and apply the dressing as instructed
6. Store in a clean jar

Note: The vinegar solution may be stored in the refrigerator and re-warmed before each use. DISCARD after one week.

Possible complications/When to Call

Signs/symptoms of infection:

- | | |
|--------------------------------------|--------------------------|
| • Redness | • Swelling |
| • Warmth to the touch | • Fever |
| • Red streaking around surgical site | • Chills |
| • Increased pain | • Foul smelling drainage |