



VINEGAR (ACETIC) SOLUTION

Instructions For Vinegar Solution:

- Boil one (1) cup of water.
- Add 1/8 cup of vinegar (white or red) to boiled water and allow to cool until warm.
- Pour tepid vinegar solution in a jar that has been thoroughly cleansed in a dishwasher or in boiling water.
- Following use, the remaining vinegar solution is to be stored in the refrigerator.
- In accordance with the patient's preference, the solution can be used chilled, or it may be warmed prior to use.

Application Of Vinegar Soaks:

- Prepare vinegar solution as stated above.
- Initially, cleanse the wound as per "Post-op Instructions."
- Apply vinegar solution directly to cleansed wound with a clean washcloth or gauze square.
- Allow vinegar soak to remain on wound 5 – 10 minutes.
- Next, apply antibiotic ointment to wound, followed by a dressing.
- Follow these instructions once a day.

IF USING VINEGAR SOLUTION FOR "NAILS":

Soak nails in vinegar solution twice a day for 10 – 15 minutes.