

VINEGAR WATER SOAKS

PATIENT INFORMATION & INSTRUCTIONS

WHAT IS A VINEGAR WATER SOAK?

A vinegar water soak is a simple home remedy made by diluting vinegar, typically white vinegar, with warm distilled water. The ingredients are simple just white vinegar and warm distilled water. Distilled water is preferred to avoid any mineral impurities that could irritate the skin. Benefits of vinegar water soaks include:

- **Antimicrobial properties:** Vinegar's acidity (due to acetic acid) might help reduce odor-causing bacteria on the skin or feet.
- **Soothing for itchy skin:** The vinegar solution might provide some relief from itching caused by mild eczema or insect bites. However, be cautious with sensitive skin, as vinegar can be irritating.
- **Aiding wound healing:** Diluted vinegar can help cleanse and promote healing of minor skin wounds. It is especially helpful for softening and removing scabs or crusting of a wound.

DIFFERENT DILUTIONS

We recommend a 1 part vinegar to 32 parts water mixture for our patients. Here is how that breaks down in common household measurements. You may mix the amount you need based on application.

- 1 Tablespoon vinegar + 1/2 Quart water
- 1/4 Cup vinegar + 8 Cups water
- 2 Tablespoons vinegar + 1 Quart water
- 1 Cup Vinegar + 1 Gallon water

WOUND CARE INSTRUCTIONS

We recommend a 1 part vinegar to 32 parts water mixture for our patients. Here is how that breaks down in common household measurements. You may mix the amount you need based on application.

- Mix ingredients together, soak a soft cotton cloth (gauze, towel, etc) in the solution. Wring the cloth so damp.
- Apply the cloth to the affected area for a total of 15 minutes.
- Always use a fresh portion of the towel or new piece of gauze for each application. Do not double dip
- The soaks should be done 2-4 times a day.
- Mixture can be stored in the fridge between uses.
- If you have been prescribed a topical medication or instructed to use an over the counter topical by your physician, apply this immediately after vinegar water soak.

OTHER RESOURCES

We work hard to publish only best patient education and comprehensive resources. We want to be your trusted source of all skin information. You will find additional educational information by scanning the following QR codes.

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Education Blog*



*Our Monthly
Newsletter*



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