
WATER VINEGAR SOAKS

Soaks

- Do your first soak using a soft cloth and the following solution: **1 teaspoon of white vinegar in 2 cups of water** (use cold water for the first 3 soaks, to decrease swelling, then switch to warm-NOT HOT water). Gently press sopping wet cloth onto face for 30 – 60 seconds for 10 minutes. Do soaks every 1 – 2 hours. Also, sleep with head elevated.
- If any crusting or oozing occurs, keep area clean with soap and water then apply emollients (Vaseline, Aquaphor)

If you have any questions or concerns, please feel free to speak with one of our nurses, at (916) 456-0400. After hours you may also reach your doctor by pager. If she doesn't answer try one of our other doctors, or nurse practitioner.

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