
WATER VINEGAR SOAKS

Do your first soak using a soft cloth and the following solution:

1 teaspoon of white vinegar in 2 cups of water.

Wash hands thoroughly with soap and water before soaks.

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 not scrub the skin.

Do soaks every 1 – 2 hours.

To reduce swelling, 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.