

WATER VINEGAR SOAKS

- Wash your hands thoroughly with soap and water.
- Do your first soak 2-3 hours after your procedure.
- Leave the Aquaphor, Skinfix, Vaseline, or coconut oil on your skin and soak the treated area using a soft washcloth (baby washcloths are the perfect size and texture for soaks. Do NOT use baby wipes) and the following solution:
- 1 teaspoon of white vinegar in 2 cups of cold or room temperature water.
- It can be helpful to make up a big pitcher of the soak solution and store it in the refrigerator. Pour 3/4 cup into a clean bowl per soak.
- Using a clean cloth for each soak, gently press the wet cloth onto face for 30 – 60 seconds then rewet the cloth, wring out slightly and press again. Repeat this process for 10 minutes.
- Reapply Aquaphor, Skinfix, Vaseline, or coconut oil to the treated area immediately after soaking. The ointment must be kept on your skin continuously for 4 days when not soaking.
- For the first 48 hours after treatment, do a soak every 2 hours. Do not remove the previous ointment before each soak.
- Day 3-7, continue soaks every 4 hours while you are awake and once or twice during the night. Vinegar water should cold for the first 48 hours and room temperature after 48 hours, or as instructed by your Doctor.
- If any crusting or oozing occurs or increases, keep area clean with soap and water and then apply emollients (Aquaphor, Skinfix, Vaseline, or coconut oil).

If you have any questions, concerns, or signs of infection please call the office at (916) 456-0400. After hours you may also reach your doctor by cell phone. If she doesn't answer, try one of our other doctors, or nurse practitioner.