

Acetic Acid 0.25% Soaks (vinegar-water)

Purpose:

To treat infected/colonized ulcerations. It decreases bacteria level and odor and helps remove crust and debris. It should not cause stinging, but instead should soothe the skin.

Preparation:

To make 1 Quart: 3 Tbsp white vinegar + 1 Quart luke-warm water

To make 1 Gallon: $\frac{3}{4}$ C white vinegar + 1 Gallon luke-warm water

(Alternatively, some pharmacies may have this 0.25% Acetic Acid Irrigation Solution premixed in a 1 Liter plastic pour bottle.)

Directions for use:

Soak the affected areas with the luke-warm solution for 10 minutes twice daily (or as directed).

(For hard-to-soak areas like the groin/thigh creases, use multiple clean 3"x3" or 4"x4" pieces of gauze soaked in the solution, and place the wet saturated gauze all over the affected areas, for 10 minutes twice daily.)

Gently pat dry.

Then apply any creams or ointments as instructed by your dermatologist.