



## **RECIPE FOR VINEGAR SOAKS**

- 1.) Boil one quart of water.
- 2.) Add 1/4 cup of white vinegar.
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- 4.) Wet a clean gauze or cotton with the vinegar solution and apply to site for 5-10 minutes.
- 5.) Clean wound with Q-tip and apply dressing as directed.
- 6.) Place vinegar in a clean jar such as a juice jar that has been washed in a dishwasher.
- 7.) The vinegar solution may be stored in the refrigerator and re-warmed before each use.

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