

# Vinegar Water Soaks

Please follow the care instructions carefully to obtain best results and avoid any complications.  
Use Vinegar/Water Soaks **twice a day** as directed:

1. Combine 1 part white vinegar to 4 parts water
2. Soak clean cotton wash cloth in vinegar solution and place on affected area for 5-10 minutes
3. Pat the area dry
4. Apply Vaseline or Polysporin and a band-aid
5. Do this twice a day for 10 days

*If you have any questions, please call (205) 995-5575 or text (205) 627-4207.*