

## Vinegar Soaks

*Paulger & Wisniewski Dermatology, LLP*

*For questions or an appointment, call (806)797-1202*

Vinegar soaks are used to treat inflamed, red, weepy, blistering type conditions of the skin. I commonly use this to treat sunburns, Shingles, eczema, and other exudative conditions of the skin. Vinegar contains acetic acid which kills fungi and bacteria such as pseudomonas.

Here is how to use the soaks:

- mix one part plain white vinegar with 3 or 4 parts water in a small bowl
- use a small towel or wash rag and soak it with the vinegar solution
- You want the cloth sopping wet (not dripping or damp but somewhere in between)
- apply the cloth over the affected area and leave it there for 10 or 15 minutes
- then let the area air dry (or use a dryer on the cool setting to dry the area faster)
- repeat this 3 or 4 times a day.

This has a wonderful anti-inflammatory action and will dramatically reduce redness and weeping.

The idea is to dry out the area but not over-dry the skin – so don't overdo it.

You will usually dry out the skin and reduce the redness within 3 days.

If you experience burning or irritation – then you can just use tap water soaks without the vinegar and get good results as well.

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