

## Vinegar Soaks

*Dermatology Associates of West Texas, 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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