Integricare
DERMATOLOGY
YOUR SKIN, OUR JOURNEY

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Acetic Acid / Vinegar Soaks: Patient Information & Instructions:

When are acetic acid soaks used?

- Acetic acid (vinegar) soaks to reduce surface bacteria, calm inflammation and promote healing of minor skin infections, wounds or irritated areas.
- They are often utilised once or twice daily (sometimes gauze soaked or direct application to the solution).

What is required?

- Plain white vinegar from the supermarket (5% acetic acid).
- Clean container with a lid.
- Boiled, cooled water.
- Measuring cups or jug.
- Clean gauze or a soft cloth (if using the compress method).
- Clean towel.

Instructions:

- Prepare the Solution:
  - Mix 1 part white vinegar with 10 parts cooled, boiled water. Example: 100 mL vinegar + 1,000 mL (1 L) cooled, boiled water. This makes approximately 0.5 % acetic acid solution.
- Store Properly:
  - Keep the prepared solution in a clean, closed container in the refrigerator.
  - Decant it into a smaller container as needed for single use.
- Apply:
  - Soak method: Submerge the affected area for 10 minutes.
  - Compress method: If soaking isn't possible, saturate a clean gauze or a soft cloth in the solution and place it on the area, keeping it wet for 10 minutes.
- After the soak, discard the used solution: do not reuse it.
- Gently pat the skin dry with a clean towel.
- Apply any prescribed creams, ointments or dressings immediately after.
- Frequency: Use once or twice daily or as directed.

Tips:

- Stop treatment if the skin becomes excessively irritated, sore or worsens.
- Avoid contact with the eyes, mouth or genital areas.
- Always wash your hands before and after to prevent infection.