

SOUTHEASTERN

DERMATOLOGY

MEDICAL · SURGICAL · COSMETIC

MATTHEW B. DOPPELT, D.O., F.A.O.C.D., F.A.A.D.

Vinegar Soaks

DIRECTIONS FOR HANDS & FEET APPLICATION:

- Mix one part plain white vinegar with three parts warm water (for instance, one cup vinegar mixed with three cups water) in a basin.
- Soak hands or feet for 10 minutes.
- Dry well.
- Apply medication to affected area as directed.
- Perform twice a day.

DIRECTIONS FOR FACE & NECK APPLICATION:

- Mix 1 teaspoon plain white vinegar with 1 pint of tap water. Store in refrigerator.
- Soak gauze or soft cloth and apply to affected area for 15 minutes (3-4 times a day)
- Gently wipe treated areas using gauze or soft cloth to remove any dead skin. DO NOT SCRUB.
- Continue soaks until new skin growth occurs (as soon as 7-10 days)

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.

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