

# SOUTHEASTERN

D E R M A T O L O G Y

MEDICAL · SURGICAL · COSMETIC

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

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## Vinegar Soaks

### DIRECTIONS FOR 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.

*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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