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Vinegar Soaks

½ Cup of White Vinegar
1 Cups of Water

Boil & Let cool
Soak 5-10 minutes daily

STERILE TECHNIQUE TO RE-BANDAGE:

1. Purchase gauze that is individually wrapped and marked sterile as well as *Micropore* tape.
2. Wash your hands thoroughly.
3. Keep gauze dry.
4. **DO NOT** touch the side of the gauze that will be next to your skin. This prevents contamination.
5. Use *Micropore* tape to hold gauze in place.

If you have any questions or problems, please do not hesitate to call the office at 716-712-0851.

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