

Vinegar Soaks

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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 (836-7156).