What You Will Need

• Acetic acid solution – Mix two tablespoons white vinegar in two cups water; store in refrigerator up to six weeks
• Cotton swabs such as Q-Tips
• Ointment such as Polysporin, Neosporin, Bacitracin, Vaseline, or Aquaphor (available over the counter)
• Gauze padding or bandage and tape (available at pharmacies or drug stores)

Taking Care of Your Wound

• Keep the bandage in place for 48 hours. Do not get it wet. If the bandage gets wet, remove it and apply ointment and a fresh bandage.
• After 48 hours, do the following:
  1. Remove bandage.
  2. Wash hands.
  3. Dip a cotton swab in acetic acid solution. Wash your wound gently with the cotton swab, starting in the middle of the wound. Do not place the used cotton swab back in the solution.
  4. Apply new ointment and bandage.
  5. Wash hands.
• Repeat steps 1-5 two times a day for two weeks. After two weeks, repeat steps 1-5 once a day until you are completely healed. This can take one to six weeks depending on the size of your wound.

More Information

• Bleeding – If you bleed through the bandage, leave it in place and put firm and constant pressure on it for 15 minutes. If the bleeding does not stop, call your doctor or nurse.
• Pain – Take acetaminophen such as Tylenol or Extra-Strength Tylenol for pain relief. Do not take aspirin or ibuprofen unless your doctor tells you to.
• Infection – Call your doctor if you have any of the following:
  – Swelling or redness
  – Fever of 101 degrees F or higher
  – An opening in the wound
  – Heat coming from the wound
  – A bad smell or yellow-green ooze
  – Increased pain not relieved by acetaminophen such as Tylenol

Special Instructions