Wound Care Instructions

Acetic Acid (Vinegar) Soak

Some surgeries are at a slightly higher risk for infection by an organism named Pseudomonas. To decrease the chance for infection or to treat a confirmed pseudomonas infection, please follow these additional wound care instructions.

- Before shower or cleaning regime advised by your nurse, make up your soak solution as per your Dr’s recommendations below.
- Wet a sterile gauze pad with the vinegar mixture.
- Place on the wound and soak the wound for 10-15 minutes, twice a day before you shower / wound cleaning regime.
- After soaking, clean with cotton tips and normal saline (0.9% sodium Chloride). Completely dry the area with a sterile cotton tip or gauze and apply Vaseline ointment and redress as detailed in your primary wound care instructions.
- Repeat above steps – 2-5 times per day until next wound review.

| ACETIC ACID (VINEGAR) SOAK SOLUTION INSTRUCTIONS:
<table>
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<th>What you will need:</th>
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<tr>
<td>• Sterile Normal Saline (0.9% Sodium Chloride)</td>
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<td>• White vinegar – New bottle</td>
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<td>• Sterile Gauze</td>
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<td>• Cotton tip applicators (4-6 per dressing change)</td>
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How to prepare:
1 Part Vinegar with 4 parts Normal Saline (0.9% sodium Chloride.)

If your doctor is Dr Kate Borchard, prepare as per below:
1 Part Vinegar with 10 parts Normal Saline (0.9% Sodium Chloride.)

If you have any queries or concerns please contact the SELECTED surgery below and speak with a nurse.

- Oxford Day Surgery Mt Hawthorn: (08) 6140 1000  (#2 Nurses)  Email: Nurses@oxforddermatology.com.au
- Bunbury Dermatology: (08) 6140 1080
- Karrinyup Dermatology: (08) 9245 3376 (Please call Karrinyup Dermatology to make your appointment).

Nurse: _______________ Sign: _______________ Date: _______________