

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:

What you will need:

- Sterile Normal Saline (0.9% Sodium Chloride)
- Sterile Gauze
- White vinegar – New bottle
- Cotton tip applicators (4-6 per dressing change)

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: _____