

## **Mid Valley Dermatology & Cosmetic Surgery Center**

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### **COMPRESSES**

COMPRESSES HAVE AN ANTIBACTERIAL EFFECT TO PREVENT INFECTION AND HELP TO CLEANSE HEALING WOUNDS OF SUPERFICIAL CRUSTS AND SCABS THAT MIGHT SLOW DOWN THE HEALING PROCESS.

1. MIX ONE TEASPOON OF WHITE VINEGAR WITH ONE PINT OF COOL WATER.
2. DIP A CLEAN RAG OR WASHCLOTH INTO THE MIXTURE.
3. APPLY THE WET CLOTH TO THE SKIN FOR ABOUT 20-30 SECONDS, THEN REMOISTEN THE CLOTH AND REAPPLY.
4. REPEAT THIS PROCESS FOR 15-20 MINUTES.

IF YOU HAVE QUESTIONS REGARDING THESE INSTRUCTIONS OR IF THE COMPRESSES CAUSE ANY DISCOMFORT, PLEASE CALL OUR OFFICE FOR FURTHER ADVICE