

Ways to Speed Healing:

- Apply a thin layer of Aquaphor Healing Ointment or plain Vaseline to treated area.
 - Always thoroughly wash hands before touching treated area.
 - Re-apply frequently as needed to maintain a continuous layer on your skin.
- Soak the treated skin with a plain white vinegar solution at least **4 to 8** times each day.
 - You can't soak too much. Soaking *reduces redness* and *speeds healing!*
- Do not pick, rub, scrub or irritate your skin while it is healing.

How to Soak:

Dip a clean, soft, cloth into vinegar solution and place the wet cloth against your skin, gently pressing to ensure the vinegar solution wets the skin. Rinse and repeat for 10 to 15 minutes.

- Most of the ointment should come off during the soak (do NOT rub).
- **Solution:**
 - **1 teaspoon of plain white vinegar to 2 cups of water.**
 - Solution may be mixed up ahead of time and kept in the refrigerator.
- Apply a thin layer of ointment to the treated area immediately after soaking. If the skin gets dry or scabs appear, you need to soak more often and apply more ointment.



DO NOT:

- Do not put ANY other creams, ointments or products of any kind on the treated area until your care provider indicates it is ok to do so.
- Do not let your skin come in contact with detergents, fabric softeners or dryer sheets. Fabrics that have been treated with these products may irritate your skin.
- Do not pick, rub, scrub or irritate your skin in any way while it is healing.
- Do not expose the treated area to the sun (even on cloudy days).
 - Remember, UVA passes through house and car windows.
 - UVA exposure can cause skin to darken.



What to Expect:

- Oozing may occur for the first 24 hours. You may notice small red/brown spots on your skin which may turn darker, but will disappear as the skin begins to heal.
 - You may wish to protect your pillow the first night following treatment with an old, clean pillow case.
- Swelling may occur and usually resolves in 2-4 days.
 - Sleeping on 2 pillows with your head elevated is helpful.
- Redness is a normal and expected reaction and will resolve with time.
- It is normal for skin to feel “sunburned” and/or tight.

General Instructions:

- Avoid touching the treated area unless necessary (vinegar soaks). Do not pick the treated area but allow skin to heal on its own.
- You may shower, but keep soaps and hair products from coming in contact with the treated area.
 - Do a vinegar soak after the shower, followed by ointment.
- If you experience itching, an over the counter antihistamine such as Benadryl (diphenhydramine) may be helpful.
- Ibuprofen or acetaminophen may be used if needed.
- After stopping the ointment, use ONLY a clinician recommended moisturizer for at least one week. Examples are:
 - Vanicream
 - Cetaphil Moisturizing Cream (this is more gentle than Cetaphil lotion)
- Make-up may be worn after the majority of treated skin has healed, usually within 4 to 7 days.
- It is **very important** to use sunscreen with a SPF of 30 or greater when your clinician says your skin is ready.
 - This helps prevent post inflammatory hyperpigmentation (darker areas).
- Please call the office at (409) 838-7899 if you experience intense pain, drainage, severe redness or fever, increased itching, the appearance of a cold sore, blister or a tingling sensation, or if at any time you feel that you are not healing normally.