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Post Ablative Procedure: *Wound Care*

You Will Need:

- Dry gauze
- 16 oz bottled water
- White distilled vinegar
- A clean container
- Aquaphor Healing Ointment
- Sunscreen SPF 30+

You May Want:

- Mineral makeup
- 1% Hydrocortisone cream
- Intense moisturizer
- Gentle cleanser

To mix vinegar water:

1. Open an un-used bottle of each: one 16 oz bottled water, and one white distilled vinegar.
2. Pour 2 tablespoonful of water out of the bottled water. Now add in 2 tablespoonfuls of vinegar *to the 16 oz water bottle*. To be clear – you should now have a 16 oz bottle of water with only 2 tablespoonfuls of vinegar. This is a *very dilute* vinegar solution.
3. Shake gently to mix.
4. Mark the bottle with a marker as “vinegar water” to avoid confusion. Refrigerate.
5. To make vinegar soaks, place 10 – 20 gauzes inside a Tupperware container, carefully add in vinegar water until all gauzes are saturated.

What to do:

1. Wash hands thoroughly with soap, rinse and dry before each wound care session.
2. Place vinegar soaked gauze on the treated area and allow to dry over 5 minutes. Peel the gauze off (some crusting/scabbing will come off with the gauze).
3. Repeat step 2 for another 5 minutes. Areas with significant crusting may require longer soaking.
4. Pat dry. Apply Aquaphor generously over entire treated area after each cleansing as a protective barrier.
5. Vinegar wash every 3 hours during the first 24 hours. Set an alarm to wake up at least once during first night for cleansing. Decrease to every 4-6 hours after 24 hours for the next 5 days.

Avoid:

1. Direct sun exposure for 2 weeks – wear a hat while outdoors during this period of time.
2. Hairsprays and perfumes.
3. Dirty or dusty environs.
4. Topical exfoliation for 4 weeks.

Once skin is healed (pink without scabs/crusts, usually after 4-5 days):

1. You may wash 3-4 times a day with a gentle cleanser.
2. You may stop using Aquaphor and begin using an intense moisturizer.
3. You may use 1% Hydrocortisone cream for redness and itching 2-3x/day for 1-2 wks.
4. Wear sunscreen with SPF 30+ whenever outside for the next 3 months