



### VINEGAR SOAK INSTRUCTIONS

Vinegar soaks are recommended while healing to reduce redness, prevent infection, and speed healing. This will also help remove old balm or creams applied.

You will need one bottle of **plain white vinegar** for these vinegar washes.

As soon as you get home, you are to start doing vinegar soaks. The more of these you can do, the better. We recommend a minimum of 4 times a day for the next 3 days.

TO SOAK: Prepare a vinegar solution of 2 teaspoons of white vinegar to 2 cups of filtered, cold water. The solution can be stored in the fridge ahead of time. Dip a clean, soft cloth into the vinegar solution and lay the wet cloth against your skin for 10-15 minutes, gently pressing on the skin without rubbing. Rinse with water and reapply laser balm or cream (depending on laser used, see specific laser instructions) after soak.