

CO2RE Post Procedure: Wound Care Regimen

*What you need:*

- Dry gauze
- Bottled water, 16oz
- White distilled vinegar
- A clean Tupperware
- New (fresh) tube of Vaseline Petroleum jelly

*To mix vinegar water:*

- Open a new bottle of each: one 16oz Bottled water, and one small white distilled vinegar.
- Pour 2 tablespoons of water out of the bottled water, and then add in 2 tablespoons of vinegar.
- Shake gently to mix.
- Mark the water bottle with a permanent marker “vinegar water” to avoid confusion.
- To make vinegar soaks, place 10-20 gauze pads inside the Tupperware container, carefully add 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. Designate the non-dominant hand as the “clean” hand for retrieving wet gauze, and then transfer the gauze to the dominant hand for cleansing.
3. Use the gauze to wipe-off oozing/bleeding, using gentle pressure. Make sure that vinegar water is in contact with the skin for at least 5 minutes. Soak longer for area with crusting. Do not scrub crusts off. Pat dry. Always apply Vaseline petroleum generously over entire treated area after each cleansing.
4. Vinegar washes every 2-3 hours during the first 24 hours. Set up alarm to wake up at least once during the first night for cleansing. May gradually increase to every 3-4 hours after 24 hours. Continue wash twice a day for one week. May change to bland moisturizer after 7 days.
5. Continue to use vinegar wash until there are no scabs and healed. After well healed you can switch to a mild cleanser suitable for sensitive skin.
6. Do not use any other topical cream/ointments (including Tri-luma) until after you are seen and cleared in your 1 week follow up appointment.