

SOAKING

Soaking is an important part of treatment for many different types of skin conditions. It is used for types of open or oozing skin conditions. It is a simple procedure to do if you follow these instructions.

Normally a washcloth is used to soak the affected area. If the area is quite small or quite large, other types of gauze or larger towels could be used. The washcloth is placed in a lukewarm solution and applied directly to the area. This is done for approximately 10 minutes twice a day. After the area is soaked it can be pat dried and then the topical ointment that I suggest can be used.

The soaking solution can be plain lukewarm water. In some cases I recommend using a salt water solution by dissolving one teaspoon of salt in a pint of water. The solution can be kept in the refrigerator and reused. It should be at room temperature when it is applied to the affected areas of the skin.

Again soaking is a simple procedure. It involves using a lukewarm water solution with a washcloth applied to the area twice per day. The area is then pat dried. Then a topical ointment is applied and the dressing or band-aid as needed.

If you have any other questions about this procedure, please ask before you leave the office.