

**Saline Soaks**

Professional Dermatology Care

**You will need:**

One tablespoon or heaped teaspoon of Epsom salt or Regular table salt

1 Cup of Water

A wash cloth/gauze

**Directions:**

Boil the salt and water to make a hypertonic saline solution. Once the water is boiled and the salt is dissolved then it is saline-otherwise it is just salty water and it will sting! You can make several cups and store it in a sealable jar for repeat use. Pour the saline solution onto a washcloth/gauze until damp. Apply the washcloth/gauze to the affected area for 10-15 minutes. Then remove and rinse your skin with clean tap water. You may repeat this soak every 1-2 hours as needed for 10-15 minutes at a time.

Store the solution in a jar with a lid so it stays clean and you can pour the solution onto a washcloth and microwave the cloth for 5 seconds. Do not burn your skin! Make sure it is warm not hot. If you have any questions please call our office at 703-860-1818.