



Vinegar Soaks (for some bacterial infections of skin and nails)

- 1) Make a 1/3 solution of vinegar (regular distilled white vinegar): One cap vinegar and two caps water
- 2) Soak for 10 minutes 1-2 times per day
- 3) Apply nystatin-triamcinolone ointment 2x/day (can cover with plastic wrap for 2 hours once per day)
- 4) Take oral cephalexin - one pill four times per day for 7-10 days