



Domeboro Soak

Domeboro soaks (compresses) are used to relieve itching, minor skin irritation, to help weeping skin and to loosen up crusted areas on the skin. These soaks can be purchased over the counter from the pharmacy. It comes as either a tablet or powder and needs to be mixed with water.

Mix the Solution:

- 1) Wash your hands.
- 2) Put one pint (16oz) of warm water in a clean container.
- 3) Add the Domeboro medicine.
- 4) Stir the solution until the tablet or powder dissolves.

Application of the Domeboro soak

- 1) Pour Domeboro solution from the large container into a clean bowl. Any remaining solution in the larger container can be stored in the refrigerator for use later that day. ***DO NOT DRINK THIS SOLUTION***
- 2) Prepare the patient for the soak by placing the area to be treated over a towel or plastic sheet.
- 3) Wash your hands.
- 4) Place a clean towel, wash rag or some gauze into the domeboro's solution. Soak the affected area with the domeboro's cloth for 10-15 minutes. Do not double dip the dirty towel into the solution.
- 5) Apply the soak for 10-15 minutes to the affected area 3 times a day until the wound has dried up.
- 6) Follow with application of a wound healing ointment (Aquaphor or Vaseline) or the topical product recommended by your physician.