NOTE: A copy of this information sheet will be provided to all personnel instructed to use Vicks Vapor Rub for wound care.

This information is specific to the use of Vicks Vapor Rub for first aid treatment of wounds, abrasions, insect/spider bites. Apply a light coating of Vicks Vapor Rub to the affected area and cover with a light bandage while working. At night, remove the bandage to allow the wound to breathe but keep a light coating of Vicks Vapor Rub applied.

Vicks Vapor Rub (Vvr). is used in most wound care clinics. When advised to apply as part of the OUCH program apply as directed by Dr McElligott. Usually we apply it at bedtime or during the day depending on the injury. We also use it to take swelling out or a joint or dry up a weepy rash. There are no side effects to its use. Supervisors should keep VVr in first aid kits.

Send a picture before starting and on discharge form the Ouch program. Once discharged from our OUCH program, continue to use at your own discretion.