

Wound Wash Tincture Handout: Take Home Reference

Step-by-Step: How to Make a Dried Plant Tincture

1. **Harvest or Prepare Plant Material**

Choose from or combine yarrow (flowering tops), grindelia (sticky buds/flowers), and/or usnea (aerial parts) .

2. **Chop or Tear Plant**

Break down plant parts to expose surface area and release medicinal compounds.

3. **Fill Jar Loosely**

Use a clean glass jar and fill it about 2/3 to 3/4 full with fresh plant material (don't pack tightly).

4. **Add Alcohol**

Cover completely with 75% alcohol (Everclear or equivalent). Make sure all plant matter is submerged.

5. **Label Clearly**

Include: plant name, part used, fresh, alcohol %, and date.

6. **Shake and Steep**

Shake daily. Let sit 4–6 weeks in a cool, dark place. Then strain and bottle for use.

Using a Concentrated Tincture for Wound Care

- **Dilute Before Use:**

Mix 1 part tincture to 3–4 parts clean water. Example: 1 tsp tincture + 3 tsp sterile water.

- **Apply as a Wash:**

Use an irrigation syringe, squeeze bottle, or clean cloth to gently flush or dab the wound.

- **Types of Wounds Suitable for Herbal Wash:**

- Minor cuts and scrapes
- Insect bites

- Shallow punctures (after irrigation)
- Mild skin infections or irritations
- **Red Flags – Seek Medical Help If:**
 - Heavy bleeding or deep wounds needing stitches
 - Animal or human bites
 - Signs of infection (red streaks, swelling, pus, fever)
 - Embedded debris
- **Important Notes:**
 - Don't apply oils/salves until the wound is clean and closing
 - Clean tools and hands before handling wounds
 - “The solution to pollution is dilution” – keep flushing!