

FOOT SOAK FOR WOUND, INFECTION OR BRUISE

1. Prepare basin with enough LUKEWARM water to cover affected foot or feet.
2. Mix in: () 2-3 heaping tablespoons of Epsom Salts or
() 2 Tablespoons of Betadine Solution or
() anti-bacterial or deodorant soap (not Ivory, Dove, Camay, or soaps containing oils or fats)
3. Remove bandage, and soak the affected foot or feet for 10 (TEN) minutes, and repeat 2-3 times a day. (Your 10 minute shower = 1 soak)
4. Pat dry, loosely rebandage as directed with antibiotic cream/ointment/drops.
5. Return for reevaluation on _____.

FOOT SOAK FOR WOUND, INFECTION OR BRUISE

1. Prepare basin with enough LUKEWARM water to cover affected foot or feet.
2. Mix in: () 2-3 heaping tablespoons of Epsom Salts or
() 2 Tablespoons of Betadine Solution or
() anti-bacterial or deodorant soap (not Ivory, Dove, Camay, or soaps containing oils or fats)
3. Remove bandage, and soak the affected foot or feet for 10 (TEN) minutes, and repeat 2-3 times a day. (Your 10 minute shower = 1 soak)
4. Pat dry, loosely rebandage as directed with antibiotic cream/ointment/drops.
5. Return for reevaluation on _____.