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## **Foot Soaking Instructions**

## Mix in basin of water:

- 8 cups of water
- ½ cup Epsom salt
- 10 drops of betadine (to sterilize the water and prevent infection)
  - o Can be found in any pharmacy section of the store.

<u>Water</u>	<u>Daily</u>	<u>Time</u>
Warm	1	15 minutes

## For ingrown nail procedures, after soaking:

- Apply antibiotic ointment.
- Cover with a Wide finger band aide, to protect the open area.

Complete once a day for 2 weeks.