

Foot Soaking Instructions

Mix in basin of water:

- *8 cups of water*
- *1/4 cup Epsom salt*
- *10 drops of betadine (to sterilize the water and prevent infection)*
 - *Can be found in any pharmacy section of the store.*

Water

Daily

Time

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.