

# Foot Soaks (after nail procedures)

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## How do I perform epsom salt or warm water soaks?

Add two (2) tablespoons of Epsom Salt to 1 gallon of lukewarm water

Or

Add two (2) tablespoons of dish detergent in 1 gallon of lukewarm water

- Soak feet for fifteen (5-10) minutes
- Dry feet
- Rub area gently with Q-tip®, wash cloth or extra soft tooth brush
- Apply Neosporin® ointment or Vaseline® to the affected area
- Cover area with dry bandage
- Be sure that there is no pressure on the affected area **at all times.**
- **Report** any increase in pain, swelling, redness and drainage

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