

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

1. Soak feet for fifteen (15) minutes
2. Dry feet
3. Rub area gently with Q-tip®, wash cloth or extra soft tooth brush
4. Apply Neosporin® ointment or Vaseline® to the affected area
5. Cover area with dry bandage
6. Be sure that there is no pressure on the affected area **at all times**.
7. **Report** any increase in pain, swelling, redness and drainage.

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