

## Soaking Instructions

Soaking serves a very important function in healing. To insure the maximum benefit for your soaks, please follow these simple instructions.

1. Remove bandage in 2 days.
2. Fill basin with lukewarm (not hot) water.  
add: **2 Tablespoons** of Epsom salts to the water and mix.
3. Soak the affected area in this solution for fifteen minutes **2 times** per day.
4. At the end of your soak or cleansing, pat the area thoroughly and apply Neosporin and a band-aid.
5. Continue these soaks until drainage has stopped.
6. Always elevate your foot above the heart level for ten to twenty minutes after soaking.

**PLEASE CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS OR PROBLEMS WITH THIS PROCEDURE AT (949) 855-1177.**