



Foot Soaks and Oil Applications

Patient Instruction Sheet

Epsom Salt Soaks

- Two (2) Tablespoons of Epsom Salt to 1 gallon of lukewarm water
- Soak feet for fifteen (15) minutes
- Dry feet
- Cleanse affected area with hydrogen peroxide
- Apply Neosporin ointment to the affected area
- Cover area with dry bandage
- Be sure that at all times, there is no pressure on the affected area
- **REPORT** any increase in pain, swelling, redness and drainage

Vinegar Soaks

- No dilution
- Brush with toothbrush in one direction
- Towel dry, no rinsing
- Fifteen (15) minute soaks

Bleach Soaks

- One (1) ounce bleach to one (1) gallon water
- Fifteen (15) minute soaks

Mellaluca Oil

- Brush top of nail with applicator
- Once daily

Tea Tree Oil

- Brush top of nail with applicator
- Once daily