

FOOT SOAKS

1. SOAK YOUR AFFECTED FOOT FOR 10 MINUTES ONCE OR TWICE A DAY AS DIRECTED FOR 5 TO 7 DAYS.
2. INTO 1 QUART OF WARM WATER (NOT HOT) DISSOLVE 2 TABLESPOONS OF EPSOM SALT.
3. DRY FOOT GENTLY.
4. COVER AREA WITH TOPICAL ANTIBIOTIC MEDICATION AND BANDAGE AS DIRECTED.