

## *Proactive Podiatry*

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Please read all instructions carefully

### Soaking Instructions:

1. Soak twice daily, 15 minutes each.

Soak in 2 quarts of lukewarm water (102°F to 110°F, no warmer to prevent burning) and 2 tablespoons of Epsom salts. You may also use white vinegar or liquid antibacterial hand soap. Ensure to clean out container after each use.

2. A bath or shower can be substituted for one of the soaks.
3. After soaking, thoroughly dry with a clean towel, paying close attention to in between the toes.
4. Apply topical medications (Neosporin® cream/ointment, Silvadene cream or \_\_\_\_\_) then cover with a light dressing of gauze and tape or a Band-Aid. As instructed by Dr. Hinduja.
5. Continue soaking instructions until your next appointment.  
Reach out to the office with any concerns or issues such as:
  - Increased redness
  - Increased pain
  - Drainage that is yellow or green in color
  - Increased swelling