



Community Foot Specialists

Application Instruction for Soaks, Oils and Creams

Epsom Salt Soaks

- ◆ Add 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 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 (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

Creams and Lotions Under Occlusion

- ◆ Apply nickle thickness of cream
- ◆ Wrap creamed foot in Saran Wrap (or similar plastic film)
- ◆ Place sock over foot
- ◆ Wear for 6-8 hours our apply before bedtime and wear thru the night
- ◆ After 6-8 hours or in morning, remove wrap and use pumice stone to exfoliate affected