

Dr. Scott Peters

Specialist of the Foot and Ankle

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SOAKING FOOT INSTRUCTIONS

Patient's Name: _____ Date: _____

1. Remove dressing
2. Soak foot in lukewarm (barely warm, not cold) water with Epsom salt for 10 - 15 minutes. There should be enough water to cover the foot and 2 tablespoons of Epsom salt.
3. Apply antibiotic cream/ointment as directed followed by application of bandage

Frequency

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> Once a day | <input type="checkbox"/> for 1 day |
| <input type="checkbox"/> Twice a day | <input type="checkbox"/> for 3 days |
| <input type="checkbox"/> 3 times a day | <input type="checkbox"/> for 1 week |

If the area should have an increase in redness, swelling, pain, or if you develop fever, chills, night sweats, nausea, or vomiting please call Dr. Peters immediately.

Your next appointment: Date: _____ Time: _____

*If you're unable to keep to your scheduled appointment please give us at least **24 hours** notice.*