



**Warrington Family
Foot Care**

SOAKING INSTRUCTIONS **AFTER INGROWN NAIL PROCEDURE**

- 1. PLEASE TAKE THE COBAN WRAP OFF OF YOUR TOE 45 MINUTES TO ONE HOUR AFTER YOUR PROCEDURE IS DONE, LEAVE THE BANDAID ON or remove and change if saturated with blood.**
- 2. STARTING THE NIGHT OF THE PROCEDURE (OR SOONER IF PAINFUL AND THROBBING):**
YOU MUST **SOAK**** YOUR FOOT FOR 20-30 MINUTES ONCE A DAY FOR 10 DAYS, PAT DRY WITH GAUZE AND APPLY ANTIBIOTIC OINTMENT (NEOSPORIN, TRIPLE ANTIBIOTIC, BACITRACIN OR PRESCRIBED BY YOUR DOCTOR) AND COVER WITH A BANDAID.**
- 3. AFTER THE 1ST WEEK YOU MAY LEAVE OPEN TO AIR AT NIGHT, KEEP COVERED DURING THE DAY.**

----SOAKS----

USE TWO TABLESPOONS OF EPSOM SALT/TABLE SALT IN APPROX. 2-3 QUARTS OF LUKEWARM WATER. (NOT HOT),

-OR-

YOU MAY SOAK YOUR FOOT IN DOMEBORO SOLUTION (AVAILABLE AS PACKETS OR TABLETS IN PHARMACIES, FOLLOW INSTRUCTIONS ON PACKAGE)

*******PLEASE DO NOT USE HYDROGEN PEROXIDE*******