

SOAKING INSTRUCTIONS

Starting tomorrow evening soak the surgical area in 1 quart of warm water with one tablespoon of epsom salt and one tablespoon of white vinegar.

Soaking should be done for three (3) days, twice (2) a day, a.m. and p.m. for ten minutes.

After soaking in the a.m. dry the area well and apply topical antibiotic ointment and band-aid.

After p.m. soaks apply topical antibiotic ointment and no band-aid. Wear sock(s).

Any questions please call the office

480 948 8754