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SOAKING INSTRUCTIONS

- 1) Dissolve ½ cup vinegar into 1-2 quarts of warm (not hot) water.
- 2) Soak foot for 10-15 minutes.
- 3) Dry foot.
- 4) Apply antibiotic ointment, i.e. Triple Antibiotic Ointment (Neosporin).
- 5) Cover with bandage.
- 6) Call office if symptoms persist.