

Soaking Instructions:

- **Betadine:** Fill a small tub or bucket with **LUKEWARM** water just enough to cover your feet. Then pour a capful of betadine into the water, just enough to make it look like weak tea. Soak your foot/feet for approximately 10 to 15 minutes until the water cools down. Do this procedure twice (2) daily. **WARNING:** Betadine does **STAIN**, so be careful.
- **Apple Cider Vinegar:** Add ½ Apple Cider Vinegar (**NOT** white distilled) to ½ **LUKEWARM** water (**NOT** Hot) in a small bucket or tub. Soak 2-3 times per week for 10-15 minutes each time. Blot the skin after soaking, do not rinse off.
- **Plain Water:** For the initial dressing, soak through the bandage and pat dry. When feeling returns to the toe, remove the bandage and apply a band-aid. Begin soaking twice daily in cool water for 10 minutes. Re-apply fresh band-aid after each soak. Apply band-aid loosely.
- **Eat Ice Cream first ...Life is uncertain.**

If you have any problems please call (310) 451-8045

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