

EPSOM SALTS SOAKING INSTRUCTIONS

Mix one tablespoon of Epsom Salts per quart of warm water. Soak foot in solution for 10 to 15 minutes _____ times each day for _____ days.

OR:

Saturate gauze with above solution and apply wet gauze to your foot for 10 to 15 minutes _____ times each day for _____ days. Keep the gauze saturated for the full time period.

Blackmer
**FOOT &
ANKLE**
Group



319-0497

MERIDIAN
Across from
St. Luke's
3090 Gentry Way

BOISE
Parkcenter
Area
727 E. RiverPark Ln.

NAMPA
Corner of
Midland & Caldwell
1001 Caldwell Blvd.