

HEARTLAND FOOT AND ANKLE. ASSOCIATES, P.C
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Podiatrist

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SOAKING INSTRUCTIONS: EPSOM SALTS

- 1-2 tablespoons of Epsom Salts to 1 quart of warm water
- Soak 10-15 minutes once a day
- Apply bacitracin/neosporin cream
- Apply bandaid

Please contact our office with any questions @ 309-661-9975