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Directions for Epsom Salts Soak

Use 1 tablespoon of salt to each glass of warm water until the affected area is immersed and covered by the solution. Again, measuring should only take place the first time you soak and you may mentally judge the amounts of water and salt in the future for subsequent soakings.

REMEMBER: ONLY PLAIN EPSOM SALT IS PERMITTED

In powders and salts, the purpose is a saturated solution, since any given amount of water can hold only so much salt. If crystals of salt or powder remain at the bottom, this is an indication that enough salt or powder has been added. However, this solution may be used for soaking.

Bathing is allowed; just make sure you soak following your bath. The reason for this is because if sweat or hair from other parts of the body gets into your open wound, infection may result and may prove to be quite serious. Remove bandages before soaking and replace with a new bandage after each soaking.

1. Mix 3-4 tablespoons of Epsom Salts to a large basin of warm water.
2. Soak 15 minutes two (2) times a day.
3. Rinse with Peroxide.
4. Pat dry with a clean towel.
5. Apply Neosporin Cream (not ointment).
6. Cover with (1) bandage.

I HAVE RECEIVED A COPY OF THESE INSTRUCTIONS AND THEY HAVE BEEN EXPLAINED TO ME FOLLOWING MY SURGERY. I FULLY UNDERSTAND AND WILL FOLLOW THEM. IF I HAVE A QUESTION, I WILL CALL IMMEDIATELY.

SIGNATURE: _____

Date: _____