

DIRECTIONS OF BETADINE FOOT SOAKS

Betadine (or the generic: *providone iodine*) is an effective antiseptic solution that has been around for over 50 years. It can be found at your local drug stores and supermarkets. Betadine has been shown to be 99.9% effective against bacteria, fungi, viruses, & protozoan; and has a proven track record for treating wounds since it was discovered.

1. Pour 3-4 caps full of betadine in warm water (about ½ galloon worth)
2. Soak up to 10minutes, once a day, at the end of the day
3. Pat dry with a clean towel, let it air out overnight
4. Apply a tiny amount of Neosporin to the corner in the morning
5. Cover with a band-aid
6. Continue for about 1-2 weeks

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.

If you have an allergy to iodine, you can substitute two caps full of bleach in warm water instead of Betadine. Do not substitute or use Peroxide in anyway. While Peroxide can be an effective antiseptic, studies show that it inhibits wound healing, prolonging recovery time.

Also remember not to overuse the topical Neosporin. Doing so, will cause the skin to macerate (become rubbery and white), which can also delay wound healing.

Make sure to make your follow-up appoint from nail surgery to ensure proper healing has occurred and any debris is cleaned out of the nail border.