



**Gadsden Foot Clinic, PC**

306 South 4th Street  
Gadsden, AL 35901  
256 547-1631; FAX 547-1632

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

## ***Vinegar & Epsom Salt Soaks***

Purchase white distilled vinegar from the grocery.

1. Prepare the solution by mixing 1/2 cup of vinegar & dilute in 2-3 quarts of warm water (NOT hot)  
Mix in Epsom Salts
2. Soak your foot for 10 minutes
3. Rinse your foot and pat dry
4. Apply any medication or cream as directed