*Edward I. Harris, DPM*

*Neil Goldberg, DPM*

Hackensack, NJ 07601

Phone: 201.488.3668 Fax: 201.488.9292

Fort Lee, NJ 07024

Phone: 201.224.5790 Fax: 201.224.5793

**SOAKING INSTRUCTIONS**

1. If instructed to do so.

2. if bandage is blood soaked, wet, or spoiled.

SUPPLIES

Betadine Solution or Providine

Iodine Hydrogen Peroxide

2" gauze/kling

DAILY

1. Shower with bandage on.

2. Immediately remove bandage. Soak affected area in one

capful of betadine to 2 quarts of warm water for 5-1O

minutes.

3. Dry with a "CLEAN" towel.

4. Apply Hydrogen Peroxide.

5. Air dry.

Next use 1/2 betadine to 1/2 tap water on bandage (directly to area). Do not let dirt get into the bandage at all. If it does, repeat steps 1 through 5 again. If you have been instructed to use topical drops, apply this just before putting dry dressing on. Wrap with gauze to cover area and fluff(open gauze) dressing to **area.**

If area is not swollen and not draining, you can discontinue the dressing changes. If you have any questions regarding these instructions, please call our office.

REPEAT DAILY