

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 5-10 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