Epsom Salt Soaks
- Add two (2) Tablespoons of Epsom Salt to 1 gallon of lukewarm water
- Soak feet for fifteen (15) minutes
- Dry feet
- Cleanse affected area with hydrogen peroxide
- Apply Neosporin ointment to affected area
- Cover area with dry bandage
- Be sure that at all times, there is no pressure on the affected area
- REPORT any increase in pain, swelling, redness, and drainage

Vinegar Soaks
- No dilution
- Brush with toothbrush in one direction
- Towel dry, no rinsing
- Fifteen (15) minute soaks

Bleach Soaks
- One (1) ounce bleach to (1) gallon water
- Fifteen (15) minute soaks

Mellaluca Oil
- Brush top of nail with applicator
- Once daily

Tea Tree Oil
- Brush top of nail with applicator
- Once daily

Creams and Lotions Under Occlusion
- Apply nickle thickness of cream
- Wrap creamed foot in Saran Wrap (or similar plastic film)
- Place sock over foot
- Wear for 6-8 hours our apply before bedtime and wear thru the night
- After 6-8 hours or in morning, remove wrap and use pumice stone to exfoliate affected