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Instructions For Soaking Toenails

Patient is requested to do the following soaking regimen before each visit to the Doctor for general toenail care. Thick, hardened toenails will benefit from this regimen and will help the doctor administer pain-free general toenail care. ***Tea Tree Oil Soaking Crystals* are preferred for their softening agents:***

- Put package of Tea Tree Soaking Crystals available at our office-***preferred method****- (or 2 tablespoons Epsom Salts) in a 2 quart basin or tub of warm tap water.
- Soak for 20 minutes

**** Tea Tree Ultimates Soaking Crystals come pre-packaged and unlike Epsom Salt is enriched with Tea Tree Oil to help soften feet and nails, soak away fungus and bacteria. This can be purchased directly from our Clinic.***

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