

## Post Ingrown Toenail Removal Instructions

- Once per day (at night) for 2 weeks
- Soak toe(s) in 1/2 cup of Epsom Salt for 5 minutes
- Remove the band-aid while your foot is soaking in the water
- Rinse in clean water
- Apply Fucidin cream and a fresh band-aid
- Repeat until healed

