



W *e are pleased to have had the opportunity to provide you with an essential service. Our care for you, however, has not yet ended. We are now concerned with your prompt, successful and complete recovery.*

6675 Holmes Road
Suite 330
*On the Brookside Campus of
Research Medical Center*
Kansas City, Missouri 64131
(816) 444-1100

2000 SE Blue Parkway
Suite 250
*Next to Lee's Summit
Medical Center*
Lee's Summit, MO 64063

website: www.drlawrencemandel.com
email: info@drlawrencemandel.com



Instructions for Soaking your Feet at Home

Dr. Lawrence Mandel



How to soak:

How often:

You should soak twice daily until advised otherwise.

What you need:

Two containers large enough to put either one or both of your feet in.

How you prepare:

Place the containers side by side. Fill one container with warm tap water. Fill the other with a combination of cold tap water and a small quantity of ice. The water should be only as hot or cold as is very comfortable!

- First place your foot (or feet) in the warm water container for 5 minutes.
- Remove and place immediately in the cold water container for 2 minutes.
- Continue alternating soaks in warm water for 5 minutes and then cold water for 2 minutes until they have been in warm water 3 times and cold water 3 times. Always end soaking in cold water.
- After the last soak, dry your feet thoroughly.
- During the warm water soaks only, flex and extend your foot and/or toes if your doctor instructs you to do so.

Be Careful:

Do not soak unless your doctor has prescribed it. Check carefully to make sure that the water temperature can be comfortably tolerated. Patients with diabetes, circulatory problems or numbness should exercise particular caution to ensure appropriate, safe water temperatures (use elbow to test water temperature). Follow all directions carefully. Feel free to call the office should you have any questions!
