



Dr. Sam Scott, DPM  
6719 Governor GC Peery Hwy, Ste 800, Richlands, VA 24641  
Phone: (276) 596-9346 Fax: (276) 596-9348

**Vinegar Soak Instructions:**

Prepare a solution by mixing 1 cup white vinegar in a quart of lukewarm water. Soak the affected foot or feet for 10 minutes one time per day. Make sure to dry your feet thoroughly after soaking.

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