

ADVANCED FOOT & ANKLE CLINIC

Contrast Bath Instructions

1. **Prepare the Water:**
 - Fill one basin with warm water and the other with cold water.
2. **Soak in Warm Water:**
 - Place your feet in the warm water for **3-4 minutes**.
3. **Switch to Cold Water:**
 - Move your feet to the cold water for **30 seconds to 1 minute**.
4. **Alternate Between Hot and Cold:**
 - Repeat the cycle of warm water for 3-4 minutes, then cold water for 30 seconds to 1 minute. Do this for **3-4 cycles**.
5. **Finish with Cold Water:**
 - End with the cold water soak.
6. **Dry and Moisturize:**
 - Dry your feet thoroughly and apply moisturizer (except between the toes).

Important Notes:

- Limit the total bath time to **15-20 minutes**.
- Always check the water temperature to avoid discomfort/injury.
- Perform the contrast bath **1-2 times per day**, or as directed by your doctor.
- If you have any underlying health conditions, such as diabetes or poor circulation, consult your podiatrist before performing contrast baths.