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## **Hand Soaks for Finger Infection**

### **Instructions:**

Soaks are designed to keep your infected wound clean. Please soak your finger once daily, for 10-15 minutes each time, using ½ cup of normal saline (4oz) and ½ cup of hydrogen peroxide (4oz). Mix the two together into a large container. Make sure the infected region is immersed in the solution. Dry off afterwards and cover with a band-aid or small gauze wrap to keep everything covered until your next soak. Keep it elevated above your heart as much as possible. If you develop any worsening pain, increased drainage that is foul smelling call the office immediately.

**Wishing you- All the Best,  
Michael Pensak, M.D.**