

Care and Cleaning

Both you and your orthosis must be kept clean to minimize dirt and bacteria accumulation.

- Wash your skin daily with soap and water; pay special attention to bottom of foot and between toes
- Dry skin completely before putting on your device.
- Wash your device with soap and water
- Wipe out your device with rubbing alcohol

Do not soak your device or use a hair dryer or any other heat source.

Please remember . . .

- Daily skin examination is essential
- Skin redness should disappear within a half hour
- Check stockings for wrinkles or any foreign object
- Call your orthotist if redness or discomfort persists

Wearing Schedule

Wear your new orthosis one hour on the first day, increasing by one hour each day, until item can be worn without skin irritation or any discomfort for a full day. Should any discomfort or redness interfere with the ability to increase time each day, please call our office immediately.

Follow-up visits

Follow-up visits are important for the fit and function of your orthotic device. If you cannot keep a scheduled appointment, please inform our office.

Your follow-up visit has been scheduled at this office in ____ days/weeks.

Contact Us . . .

- Check your skin daily for redness that lasts longer than a half hour. Your orthosis should not cause any callus formation, blisters, or other skin trauma. If any signs of trauma occur, remove your orthosis immediately and promptly contact our office.
- Orthoses must also be checked regularly for any cracks or abnormal wear. Your orthosis is made of plastic, which is extremely slippery and can be brittle on a hard surface. Over time plastic cracks. Small cracks can be repaired, but large cracks usually require a replacement orthosis. Call immediately if you notice anything unusual.
- Sudden discomfort or redness may indicate that a growth adjustment is required, or there is a change in condition and your orthotist should be contacted.

Thank you for making Orthotic Specialists, Inc. your choice. We appreciate your confidence.

Our goal is to work closely with you and your doctor to ensure your comfort, mobility, and peace of mind.



ORTHOTIC SPECIALISTS

K A F O / A F O

WEAR AND
CARE GUIDE

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WEAR AND CARE

General Instructions

There are different ways of putting on an orthosis. At your final fitting, your orthotist will demonstrate and explain the most appropriate method for you to put on and remove your orthosis.

- Your orthosis must be worn with shoes and thin cotton socks/stockings. Socks/stockings reduce friction and protect your skin from perspiration, and should be as long as the orthosis and wrinkle free. Wrinkles can cause pressure areas on the skin.
- Natural fibers such as cotton allow better air circulation and absorption. Try to avoid using fabric softeners that can cause rashes.
- Talcum powder, *not* moisturizer, is recommended for use inside stockings.
- Your orthosis was designed and fabricated for a specific heel height. Your shoes must be the same heel height or your knee *may* feel unstable.
- Appropriate shoes are very important for comfort, function, and stability. We recommend sneakers, walking shoes, and orthopedic extra-depth shoes. Your orthotist can assist with shoe choices. In Arizona's heat, athletic sandals are an alternative.

Natural materials like leather breathe better and keep feet cooler and happier.



Self-examination

Your orthosis was designed and fabricated to fit you with maximum comfort. Like a new pair of shoes, it may take time before the orthosis feels natural. Some patients have limited or no sensation in their legs and/or feet. Self-examination and a slow, consistent break-in period are *very* important. This allows soft tissue adaptation and prevents the formation of calluses and ulcers. It may take as long as one month before your orthosis can be worn full time.

- Always follow your orthotist's instructions regarding the length of time to wear the orthosis to build up tolerance.
- Properly fit orthoses exert firm, steady pressure to control the abnormal functions of limbs. An orthosis should fit well enough to avoid sharp pain, bruises, calluses, or blisters.
- Extended periods of standing or hot, humid weather can result in legs and feet swelling. If you experience swelling, remove the orthosis and elevate your legs until the swelling disappears.
- Your weight must remain constant. Weight fluctuations can cause orthoses to function or fit improperly.
- Growth plays an important role in orthosis fit. Children need to be monitored for growth to ensure continued comfort and function.

Remember, if you experience any discomfort, swelling, or redness remove your orthosis and call our office as soon as possible.

Your new orthosis was designed by a certified orthotist using the highest standards of modern medical technology. The orthotists at Orthotic Specialists, Inc. are professionally trained to evaluate, fabricate, fit, and maintain your custom-made orthosis.



Patients with diabetes, peripheral neuropathy, peripheral vascular disease, or reduced skin sensation must be extra cautious. Examine your feet and ankles daily. Even minor skin irritations should be treated promptly.

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