

FOOT CARE EVERYDAY

1. Wash your feet daily with soap and water, dry them carefully especially between the toes. This will help to reduce germs that can cause infection.
2. Inspect your feet for signs of broken skin, blisters, or scratches. This will help identify any problems before they become serious. Use a mirror if necessary.
3. Wear well fitting stockings or socks. Try to avoid seams or garments that are too tight.
4. Examine the inside of your shoes before you put them on. Check for foreign objects, nails, or torn linings—anything that may cause irritation.
5. If your orthoses have a vinyl top cover or no top cover, they can be wiped down with rubbing alcohol. If there is a leather top cover, clean with leather cleaner.

ORTHOTIC SPECIALISTS

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IMPORTANT THINGS TO REMEMBER

... ALWAYS

- ◇ Tell your doctor about any foot problems.
- ◇ Examine skin daily.
- ◇ Check stockings or socks for wrinkles or any foreign objects.
- ◇ Call your orthotist if redness or discomfort persists.

... NEVER

- ◇ Make home adjustments.
- ◇ Continue wearing your orthotics if they have caused a blister or callus.
- ◇ Submerge foot orthoses in water.

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.

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CUSTOM FOOT ORTHOTIC WEAR AND CARE GUIDE



TEL: 602-263-1010
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FOOT ORTHOTIC WEAR & CARE

Introduction

You have received your new **custom foot orthoses** today. They have been carefully prescribed by your doctor for your foot type and function. These new orthoses may feel very different to you at this time. This is perfectly normal as these orthoses will take approximately two weeks to become accustomed to.

Wearing Instructions

Remember any special doctors orders should supercede any information in this guide. Over a period of **two weeks**, gradually increase the time you wear your new orthoses. The following program is designed to help you adjust to your new orthoses:

- ◇ Initially, you should be wearing your new orthoses for approximately one hour the first day, two hours the second day, three hours the third day, etc., please do not rush this!
- ◇ After each segment of time, remove the orthoses from your shoes (or change shoes) and check feet for any redness. If redness disappears within 1/2 hour, continue with regimen the next day.
- ◇ As you slowly increase the number of hours per day wearing your new orthoses, they will start to feel more comfortable.
- ◇ Should you feel discomfort after two weeks, or your discomfort is intolerable during the adjustment period, stop wearing your orthoses and call our office.
- ◇ Always wear socks or stockings to minimize or avoid irritation to the skin.
- ◇ Certain shoes may not accommodate your new orthoses. Consult your orthotist or physician about the type of shoes recommended for proper fit and function of your new orthoses.
- ◇ Should your new orthoses start to wear or appear to be breaking down over time, DO NOT try to correct them yourself. All adjustments should be done by your orthotist..

Wearing Schedule

Wear your new orthoses one hour on the first day, increasing by one hour each day, until they can be worn without skin irritation or any discomfort for a full day. Should redness or discomfort prevent you from increasing time each day, call our office immediately.