



Custom Orthotic Wear and Care

General Wear

- Always wear clean cotton socks free of damage
 - If your physician recommends diabetic socks, these should be used
- Always wear appropriate fitting shoes with a firm heel and laces or velcro.
 - Slips-ons are not recommended.
- Be sure the brace is fitting well into the shoe
 - There are no wrinkles and it is laying flat in the shoe.
- Your foot should be clean and dry before wearing the brace.

Break In Schedule

- Getting used to your new brace can take 1-3 weeks.
 - Day 1
 - Start wearing the brace for 30 min to 1 hour at home with shoes 2 - 3 times the first day.
 - Day 2
 - If day 1 went ok, increase the time to 2-3 hours
 - Day 3
 - Increased the time worn by 1-2 hours
- Once you can comfortably wear the brace for 5-6 hours you can decide on a full time schedule.
- Do not run / exercise with the brace until you've completed 2 weeks of comfortable wear.
- If your feet/legs begin to feel achy, you should remove the brace and take a break. Do not "Push Through" the discomfort

Skin Check

- It is important to check your skin for redness or signs of rubbing or blisters.
- After each wear, remove your socks and look for trouble areas. If you notice a problem, continue to watch this.
- Redness that goes away in 20-30 minutes should be ok and you can continue using the brace while checking the area more frequently. If redness is in the same area consistently, contact your Orthotist to discuss.
- If redness worsens, or the skin is blistered or broken, STOP wearing the brace and contact your Orthotist.

Cleaning the Brace

- The brace can be wiped with a cloth of mild soap and water. The soap should be rinsed off and the brace dried completely before using with a towel or air dry.
- The brace should be completely dry before putting it into your shoe or using it.
- Harsh cleaners should not be used. (No clorox or lysol wipes) A cleaner that is not typically used on your skin should NOT be used to clean the brace.
- Rubbing alcohol can be used and can help with odors should they occur.
- If a squeaking is heard when walking, a light dusting of talc / baby powder/ corn starch can help reduce this.

- Be sure to call with any questions or concerns