



Use and Care of Custom Orthotics

The new orthotics just dispensed will redistribute the patient's weight along the plantar (bottom) surface of the feet. They will provide, in general: more adequate support, improved balance, greater control of the motions of the feet, and additional protection.

For these reasons, *the patient must be cautious in wearing the dispensed orthotics for the first seven to ten days.* Feet require a certain amount of time to adjust to new environments, especially a new support system.

Please follow these instructions closely to ensure maximum comfort, effectiveness, and suitability as the orthoses are integrated into your footwear and lifestyle:

- Begin by wearing the new orthotics for only one to two hours on day one. Increase wear time by one hour to two hours every day. Your orthotics should not be worn an entire day for the first four or five days.
- If the orthotics make your feet "ache", don't be alarmed. You simply may have worn them too much the day before. Back off wear time for a few days, then escalate wear time again as comfort allows. However, if the orthotics "hurt" in any way, please contact us for an appointment as soon as possible.
- Very Important: If you are a diabetic or insensate patient, you must remember to check your orthotics and feet daily. Run your hand into your shoes to make sure the orthoses are flat and in place. Check both feet for any signs of irritation.
- Your orthotics may be cleaned by hand with warm water and a mild detergent. They must air dry slowly.

The above instructions have been explained to me by a staff pedorthist, and I understand that if I ever have any questions concerning my foot care, I am to call immediately to discuss them.