

# About Your New Custom Foot Orthotics

## The Orthotic & Prosthetic Centers

Your new CFO will help you heal faster by properly supporting your foot arches and redistributing your weight to prevent excessive pressure – as well as correcting alignment problems. The information below – along with the specific guidance of your physician and orthotist – will help you properly maintain and use the orthoses for best effect.

### Wearing Your CFO

It is important to break in your new CFO gradually in order to avoid injury and irritation. Be careful; you can easily wear the orthoses for longer than you should at first. Remember that your body is adjusting to a new position, and you should give your muscles and joints time to adjust. For the first few days, be sure to check your feet periodically for redness, discoloration or pressure sores. Later on, be careful during vigorous exercise.

### Initial wearing schedule

**Day 1:** Wear your CFO for 1 hour.

**Day 2:** Wear your CFO for 2 hours.

**Day 3:** Wear your CFO at 1 hour increments until you are wearing the orthosis full-time in a 10 to 14 day period. At that time, if you are having any discomfort you should call our office for an adjustment. It is very common to come back for an adjustment with new orthotics, they settle into shoes and your arch needs time to adjust to the corrections we have made in your custom orthotics.

### Maintaining your CFO

Never machine wash; always hand-wash your CFO with mild soap and water.

### Risks & Precautions

If you experience any discomfort from your CFO after two weeks, call our office to schedule a follow-up appointment. Be sure to bring your new orthoses, so we can examine them for possible adjustments.

DO NOT try to adjust, repair, or alter your orthotics in any way. The safety and effectiveness of your orthotics depends upon the careful fitting, design and fabrication by a team of experts. Leave any adjustments up to a qualified medical professional.

### Follow-up care and emergencies

Follow-up visits with your fitter are vital for your healing – don't skip any scheduled appointments. Call our office with any questions or problems. For medical emergencies, call 911 or your local hospital.

Please contact us if you have any questions.

#### Braintree

197 Quincy Avenue- Route 53  
Braintree, MA 02184  
781 794 9991  
781 794 1769 / Fax  
800 634 0606

#### North Smithfield

63 Eddie Dowling Highway  
North Smithfield, RI 02896  
781 794 9991  
781 794 1769 / Fax  
800 634 0606

#### Plymouth

124 Long Pond Road, Suite 3  
Plymouth, MA 02360  
774 773 9739  
774 773 9679 / Fax

#### West Yarmouth

126B MidTech Drive  
West Yarmouth, MA 02673  
508 775 2570  
508 775 7609 / Fax



**800 634 0606**  
oandpcenters.com