

About Your New Orthopedic Footwear

The Orthotic & Prosthetic Centers

Your new Orthopedic Footwear is designed to alleviate conditions like hammertoes, bunions, and other foot abnormalities like high arch or flatfoot. The information below – along with the specific guidance of your physician and orthotist – will help you properly maintain and use the orthosis for best effect.

Wearing your orthopedic shoes

Start with clean, white, non-elastic stockings; this will help you detect any discharge from your feet, a primary indicator of any sores. Smoothing any wrinkles in the stockings will help prevent skin irritation.

Initial wearing schedule

The average break-in period for most shoes is 7 to 10 days.

- Day 1:** Wear your shoes only for 1 - 2 hours the first day.
- Days 2-3:** Gradually increase the wearing time during the first several days.
- Days 4-10:** Increase the wear time by 1 to 2 hours daily until you've reached a full day of wearing your shoes.

Care of Your Feet and Shoes

Wash your feet daily.

Risks & Precautions

Check your skin daily for redness, blisters, discoloration, soreness, or swelling. If you see any of these indicators, stop wearing your orthopedic shoes immediately and call our office. Use a mirror to inspect the bottoms of your feet.

Follow-up care and emergencies

Follow-up visits with your orthotist are vital for proper use – 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.

Boston

260 Tremont Street
Biewend Building, Level B
Boston, MA 02116
617 695 0101
617 695 0222 / Fax

Braintree

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

Concord

801 Main Street, Suite 8
Concord, MA 01742
978 371 1684
978 371 7504 / Fax

Methuen

380 Merrimack Street
Methuen, MA 01844
781 794 9991
781 794 1769 / Fax

Newton

130 Rumford Avenue, Suite 106
Newton, MA 02466
617 916 1650
617 916 2693 / Fax

North Smithfield

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

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