

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.

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