

WRIGHT BRACE & LIMB INC

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Instructions for your new diabetic shoes and inserts

- Visually inspect your feet every day for blisters, cuts and scratches, especially initially when shoes need to be “broken in”. This should be done about every two hours or so.
- Always be sure that the insides are clean, dry, and free from foreign objects.
- It is recommended to wear socks in the shoes, as compared to nylons. Socks absorb perspiration and act as a barrier to reduce friction.
- The laces or Velcro closures should be pulled snug to ensure that the foot and shoe are moving in unison.
- The outside of the shoe should be maintained like any other shoe. Polish or mild soap and water work fine.
- After you have had the shoes for several months, check to see if they are wearing evenly. Sometimes uneven wear means that there could be a problem. If this exists, call your orthotist and ask for their opinion.

IMPORTANT NOTES ABOUT YOUR DIABETIC SHOES

It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment with our office if any unexpected problems occur.

How to use your foot orthotic (arch support)

- Wear the foot orthotic in a lace-up shoe that has enough room for both your foot and the foot orthotic to fit comfortably. If you have a question about your shoe, ask your orthotist.
- Begin wearing your foot orthotic for 1-2 hours at a time, then take it off and rest your foot. Alternate wearing the foot orthotic and resting your foot for the first few days. Allow your foot to get used to the foot orthotic gradually.
- Slowly increase your wearing time throughout the next several days.
- Check your foot for red pressure areas when you remove your foot orthotic. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important for patients that are diabetic or have poor sensation in their feet.

Important notes about your foot orthotic (arch support)

A foot orthotic is a specialized device. It is very important to keep all follow-up appointments made by your orthotist. Schedule an appointment at our office if any unexpected problems occur.