

**CARE AND USE OF YOUR AFO/SMO**

- 1) Your AFO can be donned in either of the following ways:
  - A) Put your orthosis on first, followed by your shoe.
  - B) Slide your orthosis in your shoe first and then slip your foot into your shoe.

**NEVER WEAR YOUR ORTHOSIS WITHOUT A SHOE; YOU COULD SLIP AND FALL.**

- 2) A sock should be worn underneath your orthosis. Make sure it has no wrinkle and comes up a little higher on your leg than the top of your orthosis. The sock will make it easier for you to don and doff your orthosis and should also help with perspiration.
- 3) If you experience a great deal of perspiration, try using some talcum powder on your leg before putting on your sock and orthosis.
- 4) One of the nicest features of this orthosis is that you can wear different shoes with it, but the heel height must stay the same. Slippers, sandals and loafers do not work well with your orthosis because they offer little support. Choose footwear that ties or closes with velcro and gives good support.
- 5) Your skin may become red under some of the pressure areas of your orthosis. This is nothing to worry about if the redness disappears shortly after you remove your orthosis. The red places should clear up as your tolerance to the orthosis increases.
- 6) Examine your leg every day. IF YOUR SKIN IS SORE AND IRRITATED OR IF REDNESS PERSISTS LONG AFTER REMOVING THE ORTHOSIS, CALL FOR AN ADJUSTMENT WITHOUT DELAY.
- 7) Periodically clean your brace with soap and water or wipe it clean with rubbing alcohol.
- 8) Keep any scheduled appointments with your orthotist and physician.
- 9) If your condition worsens CALL YOUR ORTHOTIST OR PHYSICIAN.

**Starting Out:**

Gradually increase your time of use with your new orthosis. After use remove your sock and look for redness that you may not feel. Be sure to check the bottom of your foot as well.

**The Shoe**

Your orthosis must always be worn with a shoe. This is important because the shoe stabilizes your foot.

Always wear the same style shoe with your orthosis. Your orthosis was designed to accommodate a particular type of shoe. Always wear the same style shoe with the same heel height that you were originally fit with for your orthosis.

Be sure your shoes are secure and do not allow your orthosis to slide around. Do not wear slippers or sandals with your orthosis.

**Wear Socks!**

Always wear a clean sock or stockings. Socks protect the skin from excess rubbing which can lead to irritation and skin breakdown. Socks also help aid in the reduction of excess perspiration.

**Proper Fit**

Your orthosis is custom fit to your body dimensions. It is important to maintain a constant "fit" with your orthosis. It should feel similar to constant pressure on the skin. It may feel a little unusual at first, but eventually your orthosis will feel more natural and you will probably not even notice it is on.

In maintaining a proper "fit," it is important to maintain a constant weight. Any weight gain or loss may cause an improper fit. If this occurs, see your orthotist. Children should be monitored closely due to growth spurts.

**Self-Examination**

When you are wearing your orthosis full time, be sure to check your foot/feet each day. It is important to regularly inspect your skin for any changes in skin color or any signs of irritation. This is especially for diabetics who may experience lessened skin sensation. Call your orthotist immediately if you notice persistent redness. Do not let it turn into a blister.

**Care**

Proper hygiene of both you and your orthosis is imperative. Wash any skin covered by your orthosis daily with soap and water. To clean your orthosis, simply wash with a damp cloth. Use soap only as needed. Dry well before re-applying.

If at any time you have questions or concerns, do not hesitate to call.