

Patient Care Guidelines For Shoes

Starting Out:

Gradually increase your time of use with your new shoes. In the beginning wear them for a short period of time (**insert time**) and take them off. Remove your socks and check for redness that you may not feel. Be sure to check the bottom of your feet as well. Put back on your shoes and wear them for a longer time and inspect the skin again.

Always be sure that the inside of the shoes are clean, dry and free from foreign objects.

Wear Socks!

It is recommended to wear socks in the shoes as opposed to nylons. Socks absorb perspiration and act as a barrier to reduce friction.

The laces 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, saddle soap, mild soap and water work fine.

After you have had the shoes for several months, check to see if they are wearing evenly. Sometime uneven wear means that there could be a problem. If this exists, call your orthotist.

If at any time you have questions or concerns, do not hesitate to call. We are here to help you and make your experience with **FACILITY** as pleasant as possible.