

CUSTOM ORTHOTICS OF LONDON INC.

FOOT ORTHOTIC CARE SHEET

WEARING:

- It is IMPORTANT to slowly wean into the orthosis, start wearing it gradually by increasing wearing time by 30 minutes every time the AFOs are reapplied.
- Once the orthosis is tolerated for a long enough period, it can be worn all day without concerns, as specified by the prescribing doctor and orthotic specialist.
- If there are any prolong periods when the device is not worn, restart the gradual weaning schedule to insure tolerance is built up again.
- There should be no pain resulting from the orthosis, and any discomfort should dissipate within two weeks of full time wearing.
- If discomfort persists, an adjustment may be necessary. PLEASE CALL to make an appointment.
- If there are any red markings over bony prominences when you doff the device;
 - Wait till the markings disappear.
 - Be sure to check the areas for red mark in the future.
- If the redness remains and does not disappear within 30 - 40 minutes, an adjustment may be necessary. Please call to make an appointment.
- Do not neglect your feet and wear till skin breakdown. Be proactive and inspect for pressure sores!

SUGGESTED FOOTWEAR:

- Extra depth shoes and sandals with removeable insoles can be ordered & purchased at Custom Orthotics of London Inc.
 - Anodyne, New Balance, Biotime, Mount Emery, Apis, Apex, Aetrex
- For additional information see the "Finding the Right Shoe" document.

CLEANING THE ORTHOSIS:

- To clean the, wipe using a damp wash cloth and dry thoroughly with a towel.
- Rubbing alcohol has proven to work best.
- Dry well before re-applying.