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Wear and Care Instructions for a Custom AFO

Putting on the Brace

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1. This brace will go inside your shoe. The shoe needs to have a removable insole. The shoe should have good heel coverage and enclosed toes. You may want to try a shoe that is half to a full size larger than you typically wear.
 - Shoe brands we recommend: *Orthofeet, Propet, Dr. Comfort, Billy Footwear, Apis*
2. Wear a tall sock to prevent the brace from making direct contact with your skin.
3. To put on the brace, open the straps and put your foot into the brace. Make sure that your heel is all the way against the back then secure the straps. They must be tight but you do not want them to be too tight.
4. Remove the insole from your shoe to make room for the brace and put it on like you normally would.

HELPFUL TIP - Check your skin every day. If your skin stays red for more than 15 minutes after you take off your brace it could mean there is too much pressure in one spot. Stop wearing the brace, take a picture of the red spot, and contact our office right away.

Cleaning Instructions

If the brace gets dirty you can clean it with soap and warm water. The brace must be fully dry before you put it on again. If bodily fluids get on the brace you can also use rubbing alcohol to disinfect.

Break-In Schedule

In general, we suggest a slow break-in period. This way if there is a problem we can address it right away. This brace will change the way you walk and sometimes your body needs time to adjust. On the first day you should only wear the brace for 1 hour. Then add 1 hour every day until you're wearing it full time. A typical break-in schedule may look like this:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 hour	2 hours	3 hours	4 hours	5 hours	6 hours	Full time wear