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## Wear and Care Instructions for a Gauntlet Style AFO

### Putting on the Brace

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- Note: you'll always have to wear this brace with a shoe. The shoes you choose should have a removable insole, good heel coverage, and enclosed toes. Sneakers are a perfect option. 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, Friendly*
- Wear a tall sock to prevent the brace from making direct contact with your skin.
- To put on the brace, open the straps or laces and put your foot into the brace. Make sure that your heel is all the way against the back then secure the straps or laces. They must be tight but you do not want them to be too tight.
- Remove the insole from your shoe to make room for the brace. Now put on your shoes. Try using a shoe horn if it's challenging to put on the shoe with the brace.

**HELPFUL TIP #1** - When walking up or down stairs, place your whole foot on the step. Don't use your toes only. Using your whole foot will help prevent the brace from cracking.

**HELPFUL TIP #2** - 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 spot clean it with soap and warm water. Rubbing alcohol can be used to clean the inside of the brace, this is suggested if bodily fluids get on the brace. The brace must be fully dried before you put it on again.

### Break-In Schedule

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 |