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Wear and Care Instructions for Orthopedic Shoes & Foot Orthotics

Basic Information

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- Before you put on the shoes, make sure that nothing has fallen inside.
- Always wear socks with your orthopedic shoes.
- The foot orthotics can be removed for cleaning, but make sure that they are reinserted before wearing your shoes. When putting your foot orthotics back in, make sure they lay flat in the shoes and are not curled in the toe box.

HELPFUL TIP - Check your feet every day. If your foot is in pain or if you see a red spot that lasts more than 15 minutes after you take off your shoes it could mean there is too much pressure. If this is the case, stop wearing the shoes, take a picture of the red spot, and contact our office right away.

Cleaning Instructions

If the foot orthotics get dirty, remove them from the shoe and clean them with soap and warm water. The foot orthotics must be fully dry before you put them back in the shoes. If bodily fluids get on the foot orthotics you can use rubbing alcohol to disinfect.

Break-In Schedule

Generally, we suggest a slow break-in period. Foot orthotics can change the way you walk and sometimes your body needs time to adjust. We suggest a slow break-in period so we can spot and address any problems right away. We recommend only wearing the shoes for 1 hour on the first day. Then add 1 hour every day until you're wearing them full time. Make sure to do a skin check after every two hours while breaking in the shoes. 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