

## Custom Molded Foot Orthotic Use & Care Instructions

### Wearing Instructions with Break-In Period

The inserts that were dispensed were specifically selected to meet your needs under your physician's prescription. It is important that you follow these guidelines for proper use. Failure to follow these instructions may cause adverse effects. **Please call us immediately if any problems or questions arise.**

- 1) Inserts must be used with appropriate footwear at all times. Please ask your practitioner if you have any questions concerning any shoe you wish to use.
- 2) Socks must be worn with your shoes/inserts as appropriate.
- 3) Only wear your inserts for one hour on the first day. After one hour, please remove your shoes and socks and examine your feet. Please look for any areas of redness or irritation – Please ask for assistance with this, if needed, to make sure you examine each foot entirely.
- 4) If there are any areas of redness, irritation, or discomfort, please discontinue use of the inserts and contact us for a follow up appointment so we may make any needed adjustments.
- 5) Once you have verified that your feet are clear of areas of redness, irritation, or discomfort and you are comfortable in your inserts, you may increase the wearing time adding one additional hour per day until you reach full time use. Please refer to the table below for wearing time per day.
- 6) Each day, please remove your shoes and socks and examine your feet for areas of redness, irritation, or discomfort. If any of these arise, please discontinue use and contact us for an appointment. If you need help examining each foot entirely, please seek assistance.

Day 1	Day 2	Day 3	Day 4	Day5	Day 6	Day 7
1 Hour	2 Hours	3 Hours	4 Hours	5 Hours	6 Hours	7 Hours

### Care Instructions

Inserts may be cleaned by wiping with alcohol on a soft cloth.

**Please contact us as needed for any questions or problems that may arise.**