

Shoe/Insert Care Instructions

Wearing Instructions with Break-In Period

The shoes/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 shoe/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 – 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 shoes/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 shoes/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	Day 5	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.

Leather shoes may be cleaned with a soft cloth and popular products such as saddle soap or leather cleaners for shoes commonly available in stores. Please never use shoe polish, as some leathers are hand tanned and polishes may ruin the finish.

Nubuck shoes may be cleaned with a small stiff brush to brush away the dirt. There are some sprays for suede or nubuck finishes that work well, but as the instructions note, please test a small area for discoloration before use. Never immerse nubuck in water or apply shoe polish, as these will ruin the finish.

Lycra shoes should be cleaned with a cloth and a small amount of soap or Woolite to remove the dirt.

Changing Insoles

When you receive multiple accommodative insoles, they should be placed in a wearing rotation. With 3 pairs of insoles, each pair should be used for 1 month at a time and then changed to the next pair. After a year, each pair is then used for a total of 4 months. This rotation schedule provides the best support and protection for your feet.