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INSTRUCTIONS FOR FOOT ORTHOSES (FO) or CUSTOM ARCH SUPPORTS

It usually takes approximately one to six weeks for you to become accustomed to wearing the devices. During this adjustment period, there may be some discomfort or direct irritation to the skin. To minimize discomfort, the following instructions will be helpful.

1. Wear the devices on a gradual basis by following the wearing schedule provided by your orthotist.
2. You may perform sporting activities while wearing the devices after a one or two week "break-in" period if they are comfortable.
3. The devices should not be worn directly against skin. Wear stockings to minimize skin irritation.
4. Remove all arch supports, inserts, or arch cookies from the shoes prior to installing the devices so that they lay flat in the shoes.
5. The top surface must be cleaned regularly! Use a warm damp washcloth – hot water will damage them. Do not immerse the entire device in water, i.e. puddles, etc. The top layer may come loose and need replacing.

WHEN SHOULD I CALL MY ORTHOTIST?

- If you see areas that are causing skin irritation, rubbing, blisters or bruising.
- If you undergo significant weight or volume change that causes your device to fit too tight or too loose.
- If you experience pain, numbness, or tingling from the device.
- If you have any questions, call the correct office listed above.
- If you have any problems with the use of your device; discontinue using it immediately and contact your orthotist.

Signature: _____

Date: _____