

# WINKLEY

orthotics & prosthetics

At Winkley Orthotics,  
we specialize in custom-  
fabricated adult and  
pediatric orthoses. Our goal  
is to improve each person's  
mobility and enhance quality  
of life by providing the  
highest quality orthotic  
care, non-operatively and  
post-operatively.

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1-800-WINKLEY  
www.winkley.com

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Instructions  
for your **NEW**  
Foot Orthotics

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# Wear and Care

FO = Foot Orthotic

Your doctor prescribed orthotics to resolve your specific foot problems. They are custom made to fit your body, and it is important that you read and follow these instructions to obtain beneficial results from your orthotics.

## What does it do?

Your new foot orthotics are designed to support and align your feet. They can also prevent or correct a deformity, substitute or enhance function, and decrease pain or discomfort.

## Break in schedule

It may take some time before you become accustomed to your new orthotics. It is necessary to follow a break in schedule to build up your skin and soft tissue tolerance to them.

Begin by wearing the orthotics just 1 hour the first day. The next day, wear them 2 hours. Add one hour each time you wear your orthotics until you are comfortable wearing them all day and do not experience any red marks or pressure sores. Do not use your orthotics for sports or recreational activities until you are able

to comfortably wear them full time for one week.

## Clothing

Always wear a snug cotton sock or stocking with your foot orthotics. Smooth out all wrinkles, because they can cause irritation. If you perspire excessively, you may want to change your socks frequently.

## Shoes

You must always wear a shoe with your orthotics, because they are ineffective without one. It is important that you wear a sturdy, supportive shoe; slippers, loafers and some sandals may be inappropriate. Your insert may not fit into all of your shoes, but it can be modified to fit into most casual shoes.

Remove the inner liner of your shoe before putting your custom insert inside of it. If you have also received new shoes with your orthotics, it is important to break in the shoes slowly as well.

## Skin care

Check your skin everyday for red marks or sores. This is especially important if you have diabetes or lack sensation in your feet. If you are not able to check your own feet, use a mirror, family member or friend to check for you.

Your orthotics should not cause any pain, bruises or blisters. Any redness should disappear within 15 minutes after you

have stopped wearing the orthotics. If the skin is still red after 30 minutes, call our office to have your orthotics adjusted.

It is important to keep your skin clean to avoid irritations. Mild soap and water are recommended.

You can also wash your foot orthotics in lukewarm soapy water. Rinse them completely in cool water and let them air dry. Never use heat to dry your orthotics. If you have plastic orthotics you can use rubbing alcohol to clean them.

## When to call the orthotist

You may be seeing your orthotist for a follow up appointment within a few weeks of receiving your orthotics. Please call if you notice the following:

You have developed red areas or pressure sores from your orthotics.

You have had a significant weight change.

You feel your orthotics do not fit appropriately anymore.

Padding or material is worn.

You have any other questions or concerns.

**Never attempt to adjust the orthotics yourself!**