

Orthotic Wear and Care Instructions

Break In

On the first full day of wear the orthosis should be applied for one hour at a time, 2-3 times. Skin should be inspected when the orthosis is removed. Take note of any red areas. Redness should clear up within 30 minutes. If not, contact your Orthotist before continuing use. On the second full day of wear, double the wear times to two hours at a time, 2-3 times. Keep checking for redness regularly. On the third full, add 30 minutes to wear times and repeat this process each day. It should take about 1 week before you are in the orthosis all day. This break in period is necessary to allow your body to acclimate to your new orthosis. Rushing or skipping this break in period may have adverse effects.

Cleaning Your Orthosis

A simple solution of hand soap and water along with a soft cloth should effectively remove most dirt and grime from your orthosis. For extremely dirty areas try a diluted alcohol solution. Make sure to be extra gentle with any foam materials on your orthosis. Also, try a wire dog brush to remove built up lint from Velcro straps.

Excessive Sweating

If excessive sweating becomes an issue, try changing your socks once or twice a day. If the problem persists, your doctor can prescribe you special socks or we may be able to modify your orthosis to increase air flow. Contact your Orthotist for more information.

Check Your Skin Regularly

The condition of your skin should remain the same or improve throughout the orthotic process. Redness that does not go away after 30 minutes, calluses, blisters, or a break in the skin could be a major issue and needs to be addressed as soon as possible. If you experience any of these issues, discontinue use and contact your Orthotist. Patients with loss of sensation will need to check their skin more frequently and thoroughly. If you have trouble inspecting some areas and do not have anyone to help you check, try using a small mirror.