

## Shoe Care Instructions

In order to ensure that your shoes become a functioning extension of your medical care, please follow these instructions.

- When you arrive home, place your new shoes, with inserts in them, on your feet with socks and wear them for 30 to 60 minutes.
- Remove your shoes and socks to look for any area of redness on your foot.
- Once you have verified that the shoes do not rub your skin, wear your shoes around your home for a day or two; check again for areas of redness.
- Once you have verified that you are not having any problems with these new shoes, you are ready to wear them outside the home.
- Remember, even after this break-in period, you should always check your shoes and feet each day looking for anything out of the ordinary.

The Therapeutic shoe bill provides for a pair of shoes and three pairs of inserts in one calendar year. The typical life span of these inserts is about 4 months. Please remove each insert as instructed every 4 months and replace it with the other inserts provided. If used properly, 3 pairs of inserts should last one year.

### Care of the shoes – Leather

- Clean your shoes regularly- this will give life back to the leather.
- If your shoes are dirty, we suggest that you first clean them with a damp cloth to get them ready for an application of shoe creme.
- Use a cleaning and conditioning creme for the leather shoes. This creme will keep the leather clean. Leather cremes can be found at any drug store or grocery store.
- Simply apply the creme with a clean dry cloth and cork into the leather. Buff or brush out to provide a fresh finish. If needed, a color shoe creme may also be used.

### Care of shoes – Nubuck

- This material can be cleaned by using a small suede brush to work away the dirt.
- Also, there are sprays designed to refurbish suede or nubuck materials.
- Do not immerse the nubuck shoes in water. Shoe polish should not be used.

### Care of the shoes – Lycra

- Never put this shoe in the washing machine.
- We suggest using any fabric protector on this material them regularly.
- Spray the shoes with a fabric protector before wearing them regularly.
- If the shoes do get soiled, use a small amount of mild soap and water- or a small amount of Woolite and water - to remove the dirt.
- Try a baby wipe.