

## EXTRA DEPTH OR CUSTOM SHOE GUIDE

You have received shoes from Orthotic & Prosthetic Specialties, Inc. Your shoes are specialized devices, and their use may require specialized instructions. While he/she is fitting your, your Orthotist or Pedorthist will instruct you on how to care and break in your new shoes.

Wear clean, non-elastic cotton stockings or socks with the wrinkles carefully smoothed out. Change them frequently.

Use a shoe horn every time you put on your shoes. This will prevent the sturdy heel counter from breaking down. Keep the soles and heels in good repair. Use a good paste or wax polish, as needed, to keep the leather soft and looking good. Allow the leather to air dry. Do not use heat to dry damp leather. Use of shoe trees in non-custom orthopedic shoes overnight will maintain the shape and prolong the life.

If you are wearing boots or high top shoes, do not use the top one or two eyelets until the leather is well softened. Keep your shoes laced tight enough so your feet will not slide forward in the shoe. Do not lace your shoes so tight that the laces cause pressure marks.

After wearing your shoes for one half hour, remove the shoes and stockings and look at the skin on your feet (sides, top, bottom, back of heels and legs). Use a mirror if you have trouble seeing the back or bottoms of your feet.

If you see red areas, this means pressure. Check the amount of time it takes for the areas to disappear. If the red areas are gone in one half hour or less, or if you see no red areas, put the shoes and socks back on again and recheck in one hour. If your skin looks good, you may double the time you wear your shoes each day.

If you notice pressure areas that do not go away in one half hour, do not put the shoes back on, but try again the next day. If the areas still do not go away in a short time do not wear the shoes. Call your Pedorthist or Orthotist for an appointment so the problem can be corrected before any damage to your skin occurs.

Check the skin on your feet frequently, at least once a day. Feet change and you cannot always rely on how the shoes feel on your feet to know that they are not causing a problem particularly if you are diabetic or have another condition resulting in decreased sensation.

Please call Orthotic & Prosthetic Specialties, Inc. at 531-2773 if you notice signs of excessive wear anywhere on your orthosis, if any fasteners are not secure, or if you are having other difficulties or have questions about your orthosis. Do not attempt to adjust or repair your orthosis yourself. We will make every attempt to resolve any problem or answer any question as soon as possible