

## **Ankle Foot Orthosis (AFO) & Knee Ankle Foot Orthosis (KAFO)**

### **Wear and Care Instructions**

You have been fit with an Ankle Foot Orthosis (AFO) or Knee Ankle Foot Orthosis (KAFO), as prescribed by your doctor. It is extremely important that you follow the specific instructions given to you by the medical professional that is working with you, as well as following the guidelines below.

#### **Wearing Instructions**

- You may choose to put on your device first and then slip into the shoe (a shoehorn may be helpful), or you may slip the orthosis into the shoe first and then slide the foot into the orthosis.
- The device should not be worn directly against skin. Wear socks or stockings to minimize skin irritation and keep the skin clean and dry.
- Always use your device with a shoe. Wear the device in a lace-up or Velcro shoe that has enough room for both your foot and the device to fit into comfortably.
- Your orthosis was designed for a shoes with a standard 3/8" heel rise. Changing the heel height of the shoe can affect the function and stability.
- Do not sleep with the device on unless specifically instructed to do so.
- Begin use of the orthosis gradually, following the wear schedule designated by your orthotist.
- Check your skin frequently at first for irritation and redness that does not fade after 20 minutes, paying close attention to the areas along the edges of the device and along your arch and ankles.
- A properly fitting device should not cause pain, nor should it create bruises, calluses or blisters.

#### **Cleaning and Maintenance**

- Your device can be cleaned using a cloth with mild soap and warm water. Rubbing alcohol may be used for disinfection. The device should be towel dried and allowed to thoroughly air dry.
- Keep the brace away from excessive heat to prevent damage.
- Try to keep the Velcro straps clean by closing them when not in use. If the straps need to be replaced, please contact your orthotist.
- Do not attempt to modify your own device. Inspect your device daily for any signs of damage or wear, such as cracking or loose parts. A yearly recheck is advised.

#### **When should I call Berke Prosthetics & Orthotics?**

- If persistent redness, pain or swelling develop, please discontinue use immediately and contact your orthotist. Failure to do so could lead to open sores, infection, or other complications.
- 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 skin irritation or ongoing discomfort with the use of your device; **discontinue using it immediately** and contact Berke Prosthetics & Orthotics at (650) 365-5861. If you have any questions about the use of your device, please contact the office.