

Arizona Brace Ankle Foot Orthosis

Wear and Care Instructions

You have been fit with an Arizona Brace Ankle Foot Orthosis 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

- The device should not be worn directly against skin. Wear socks or stockings to minimize skin irritation and keep the skin clean and dry.
- To don your device, loosen the laces and slide your foot into the orthosis. Pull the laces snug, starting from the bottom and working your way to the top.
- Always use your device with a shoe. Wear the device in a lace-up or Velcro shoe that has a removable insole and enough room for both your foot and the device to fit into comfortably.
- Your device was designed to be worn with a standard 3/8" heel rise shoe. Changing heel heights may negatively affect stability.
- It is normal to experience some discomfort as you acclimate to the device. 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 wiped down using a damp cloth. Do not submerge in water. The device should be allowed to thoroughly air dry before putting it on.
- You may use leather cleaner and conditioner on the outside of the orthosis. Talcum powder may be used to prevent odors.
- Keep the brace away from excessive heat to prevent damage. Do not dry with a hair dryer or heater
- Any skin covered by the orthosis should be cleaned daily.
- Do not attempt to modify your own device. Inspect your device daily for any signs of damage or wear.

When should I call Berke Prosthetics & Orthotics?

- If irritation, 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 your device is damaged or in need of repair.

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.