

Custom Foot Orthoses

Wear and Care Instructions

It usually takes one to six weeks for you to become accustomed to wearing your custom foot orthoses. During this adjustment period, there may be some discomfort or direct irritation to the skin. To minimize discomfort, the following instructions will be helpful.

Wear and Break-In

- Wear the foot orthoses in a lace-up type shoe that has enough room for both your foot and the foot orthosis to fit comfortably.
- The orthoses should not be worn directly against skin. Wear socks or stockings to minimize skin irritation.
- Remove all arch supports or inserts from the shoes prior to installing the orthoses so that they lay flat in the shoes.
- Initial overuse is the most frequent cause of discomfort or problems. Wear the orthoses on a gradual basis, following the wear schedule provided by your orthotist.
- During the first two weeks it is normal to experience muscle aches or fatigue. If you experience these symptoms, discontinue use of the orthoses for a period of time and go back to them the following day.
- If your orthoses are comfortable after a one or two week “break-in” period, you may go back to performing more intense sporting activities while using them.

Care and Cleaning

- You may wash your foot orthoses using mild soap and water. Towel and air dry the orthoses overnight. Do not put your orthoses in a dryer or dry them with a hair dryer, as this may deform the orthoses.
- If your orthoses are wet, remove them from your shoes and allow them to dry fully.
- You may wipe your foot orthoses with rubbing alcohol to eliminate odors.

When should I call Berke Prosthetics & Orthotics?

- If you see areas that are causing skin irritation, rubbing, blisters or bruising.
- If you experience pain, numbness, or tingling from the orthoses.
- If you have not experienced improvement in your symptoms in the amount of time designated by your orthotist.
- If you experience significant weight or volume change that causes your orthoses to fit incorrectly.

If you have skin irritation or ongoing discomfort with the use of your orthoses; **discontinue using them immediately** and contact Berke Prosthetics & Orthotics at (650) 365-5861. If you have any questions about the use of your orthoses, please contact the office.