



DIABETIC SHOE AND ORTHOTIC BREAK IN AND CARE INSTRUCTIONS

GETTING USED TO YOUR SHOES

People with decreased feeling in their feet may have a false sense of security as to how much at risk their feet actually are. An ulcer under the foot can develop in a couple of hours even if the shoes are expertly fit. In order to best avoid any irritation, please adhere to the following break-in schedule:

Day	Hours
1	1
2	2
3	3
4	4

FOOT INSPECTION

IF AT ANY TIME YOU SEE RED SPOTS OR DARKNESS ON THE TOES OR OTHER BONY AREAS DURING THE FIRST FIVE DAYS: Discontinue wearing the shoes for the rest of the day and start routine again the next day beginning with one hour of wear. IF A RED SPOT OR DARKNESS APPEARS WITH EVERY WEARING – DO NOT WEAR SHOES. Call our office for an adjustment appointment.

BE SURE TO **INSPECT YOUR FEET EVERY DAY**. If you are unable to see the heel and bottom of your feet, use a mirror in a well lit room to do so.

FOLLOW UP

You should have regularly scheduled visits with our office. On follow visits we will check your skin for possible irritations. We will also inspect your orthotics for excessive pressure areas that may need to be adjusted.

It is very important to that you show up for these appointments as they could result in preventing problems that could lead to skin break down, ulceration and possibly limb loss.

SHOE CARE

Your shoes can be cleaned with a clean damp cloth. Leather shoes can be polished with standard wax based polish. Do not attempt to use any type of solvent or chemical based cleaner on your shoes. Do not wear your shoes if they are not completely dry.

RETURN POLICY

Shoes that are unsuitable may be returned within TWO weeks of dispensing. The shoes must be in good condition, i.e., no scuffmarks, outside dirt or obvious wear on the soles. We strongly urge you to wear these shoes in your home for the first week.

***Call the office if you encounter any problems with the shoes, orthotics and/or skin irritations or breakdown.*

Guidelines for Use and Care of Diabetic Foot Orthotics

Your diabetic inserts have been custom made from a model of your foot or direct molded to you. This process is to decrease pressure to and distribute pressure more evenly over the bottom surface of your foot. Other modifications also may have been done to off load particular areas that are high risk due to deformity, loss of natural padding and/or loss of flexibility in the foot or ankle. People with decreased feeling in their feet may have a false sense of security as to how much at risk their feet actually are. An ulcer under the foot can develop in a couple of hours even if the shoes are expertly fit.

FOOT ORTHOTIC ROTATION SCHEDULE

The pairs have been numbered for you **1-3** You will start out with the orthotics numbered **1** in your shoes

After the 1st week - Replace with orthotics number **2**

After the 2nd week – Replace with orthotics number **3**

After the 3rd week – Replace with orthotics number **1**

*****When placing the orthotics into the shoes, be sure that the orthotic is sitting flat inside the shoe and not canted.***

*****If you are unable to place the orthotic in the shoe correctly or it does not feel the same as when the Victory practitioner placed it in the shoe. Discontinue use and call Victory Orthotics & Prosthetics, Inc. office.***

*****Rotating weekly keeping in mind that if you orthotics are worn completely and no longer have cushion in any area to call the office immediately.***

PUTTING ORTHOTICS IN DIFFERENT SHOES

Though not recommended, generally, diabetic insoles can be interchanged among shoes of similar size and style. Do not attempt to do so without first speaking with the practitioner who fit you with the diabetic shoe and inserts. We will need to check the shoe for appropriate size and depth to accommodate the orthotic.

CLEANING THE FOOT ORTHOTICS

The orthotics may be cleaned with a clean damp cloth. You may also use alcohol and water in a 50/50 mixture in a spray bottle. Spray orthotic lightly and let sit for at least 30 seconds. Wipe with damp cloth and let sit overnight or until dry. Do not put the orthotic back into the shoe until it is completely dry. Keep orthotics clean and inspect regularly.