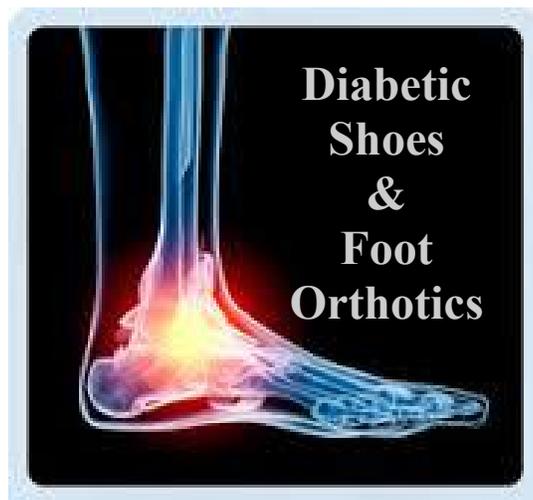


Horton's Orthotics & Prosthetics

Providing a Lifetime of Support



Wear & Care Guide

**INFORMATION INTENDED AS A GENERAL GUIDE. NOT TO REPLACE
DIRECTION FROM YOUR DOCTOR**

www.hortonsoandp.com

Wear & Care

What Are Diabetic Shoes And Inserts?

Diabetic shoes have certain characteristics that make them different from regular shoes. Diabetic shoes are usually wider and much deeper to accommodate inserts and to not crowd your foot. The shoes also have a wider toe box with all the inside seams covered.

Diabetic inserts are designed to totally contact the bottom of your foot. Inserts also help in distributing the pressures equally on your foot. Inserts are also designed to support or accommodate a deformity in the foot.

Diabetic Shoes and inserts come in different styles and materials. Your Orthotist will design yours to achieve the best fit and function.

Break In

Your feet are the foundation to your body. Wearing inserts changes your biomechanics. You need time to adjust to your new inserts. For some this may take a few days and others may take a week or longer. Gradually increase the wear time daily to reach the goal set by your Doctor. **DO NOT RUSH THIS!!** Your body may need to build a tolerance to making this a part of your every day activities.

Self-Examination

During the “break-In” period (at least two weeks) make certain to check your skin frequently for signs of rubbing or pressure. The first few days this should be done every couple of hours. If you can not inspect all areas touched by the shoes and inserts get someone to assist you or try using a mirror. Skin with a light pink or red color may appear while your body builds a tolerance. These spots should go away with in 30 minutes. Any marks staying longer could potentially turn into sores or blisters and may need to be evaluated by your orthotist or doctor.

After the break in period continue to check the skin on your feet at least once a day even if the shoes feel like they still fit good. Your feet can gradually change and problems can occur at any time.

Inserts

If you were given more than one pair of inserts rotate them out on the schedule given to you. Never wear your shoes with out them.

Orthotist / Pedorthotist: _____

Diabetic Shoes and Inserts

Shoes

Shoes are an integral part of the inserts and should always be worn. Socks should also be worn at all times with the shoes.

Your diabetic inserts have been trimmed to fit properly in your diabetic shoes. You should only wear the inserts with the shoes that were provided.

Always loosen the shoe to put it on. Never try to wiggle your foot into the shoe allowing the heel counter to fold over. This can cause the heel counter to break down and can cause skin break down. Use a shoe horn if this problem occurs.

Wear the shoes with the fasteners tight enough to prevent the shoes from slipping. Do not allow them to be so tight it leaves pressure marks.

With boots and high tops leave the top few eyelets unlaced until after the break in period

Care

Clean your inserts on a regular basis. Your skin needs to be clean as well. Bathe daily to promote good skin care.

Rubbing alcohol makes a good cleaner. Spray or wipe the inserts with the rubbing alcohol. It dries quick and does not leave a film like soap can. A damp cloth with a mild soap can also be used to wipe down the inserts if needed.

Clean your shoes with a shoe paste or wax polish as needed. A damp cloth may also be used to wipe them down.

Notify our office if you notice any signs of excessive wear.

Follow Up

After your initial fitting we would like to see you back in 1-3 weeks to make sure the inserts are functioning properly. You need to be seen at least once a year for other follow ups. You should receive a follow up notice as a reminder. Your orthotist may chose to see you back sooner if needed.

At any time you feel you need to be seen by your orthotist please call and set up an appointment.

Notify your orthotist as soon as possible when you notice any signs of excessive wear.

Do not attempt to fix or adjust your inserts yourself. Doing so could damage the inserts and void any warranties.

LOCATIONS

Little Rock

5220 West 12th
Little Rock, AR 72204
501-663-2908
1-800-332-2908
Fax: 501-663-3994

Bryant

605 W Commerce
Bryant, AR 72022
501-847-6999
Fax: 501-847-0099

North Little Rock

4020 Richards Rd. Ste. D
North Little, AR 72117
501-945-0404
Fax: 501-945-0442

Searcy

710 Marion, Suite 304
Searcy, AR 71423
501-268-2272
Fax: 501-268-2994

Ft. Smith

2909 South 66th Street
Fort Smith, AR 72903
479-452-3959
1-800-455-3959
Fax: 479-452-4007

Horton's Orthotics & Prosthetics

Providing a Lifetime of Support

MEMBER OF



ACCREDITED BY



www.hortonsoandp.com