



DIABETIC/CUSTOM MADE SHOES AND INSERTS

While being fitted with your new diabetic or custom-made shoes and inserts, your Orthotist will instruct you on how to care and break in your new shoes.

STOCKINGS

Make sure to have proper stockings, wear clean cotton or diabetic stockings. Make sure to smooth out all wrinkles, they can cause irritation or breakdown over time.

SHOES

Use the shoe horn every time you put on your shoes. This will prevent the heel counters from breaking down. Use a good wax polish as needed to keep the leather soft and looking good. Allow the leather to air dry. **DO NOT over tighten your laces.** Remember that your sensation is compromised, over tightening your shoes can cause problems with circulation and skin breakdown. Make your shoes snug, but never tight. Keep your shoes laced tightly enough so your feet will not slide forward in the shoe. Do not lace your shoes so tightly that the laces cause pressure marks.

SELF EXAMINATION

This is a very important part of the process, remember your sensation is compromised and you cannot rely on feeling alone. Always remove shoe and stocking, then perform a visual inspection of your entire foot.

WEAR SCHEDULE

DAY 1-----1 HOUR

After wearing your shoes or foot inserts for one hour, remove the shoes and stockings and look at the skin on both feet (sides, top, bottom, back of heels, and legs). Use a mirror if you have trouble seeing the backs and bottoms of your feet. If you see red marks, this means pressure. Check the time it takes for the marks to disappear. These marks should disappear within 30 minutes, if not discontinue wear and contact your Orthotist.

DAY 2-----2 HOURS

After wearing your shoes or foot inserts for two hours, remove the shoes and stockings and look at the skin on both feet (sides, top, bottom, back of heels, and legs). Use a mirror if you have trouble seeing the backs and bottoms of your feet. If you see red marks, this means pressure. Check the time it takes for the marks to disappear. These marks should disappear with 30 minutes, if not discontinue wear and contact your Orthotist.

ADD 1 HOUR EACH DAY UNTIL FULL TIME WEAR IS ACHIEVED GENERALLY IT TAKES 2 WEEKS.

Adhere to the wear schedule. Remember your feet need time to adapt to the new pressures and demands being placed on them by the new shoes or inserts. The goal is to break in the shoes/inserts



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without breaking down your foot! Problems may develop due to daily fluctuations in foot size and volume.

MAINTAINANCE

- Do not attempt to modify or adjust the shoes or inserts on your own. Inspect them daily for cracking, loose or worn parts. Contact your Orthotist for an appointment for any modifications or concerns.
- You may wipe down the shoes or inserts with a damp cloth to clean it. Use a mild soap and warm water only. The shoes and inserts should be completely dry before using them, allow them to air dry.
- Change in weight, activity, overall health or growth may cause your shoes or inserts to fit unsatisfactory. Visit with your physician or orthotist on a regular basis to see if any changes are necessary.

If you have questions or concerns about your shoes or foot problems, please contact your Orthotist.