DIABETIC SHOES & CUSTOM INSERTS

BREAK IN &CARE INSTRUCTIONS

The diabetic shoes & custom inserts you received will have a break in period that needs to be done before a full day use of wearing. Breaking in of the diabetic shoes and inserts will be for at least 4 days. Wear the shoes and inserts for the first day for no more then 2 hours and then increase the wear every day by 1-2 hours per day until you reach a full time wear of 8 hours. When going through your break in time please watch the feet for concerns such as underline blisters, calluses, and redness for longer then 15-20 minutes. If you have any of these concerns please discontinue the wear of the shoes and inserts and call your practitioner. If there are no concerns during this time frame you may continue wearing them full time and follow up if needed. To help ensure there are no problems or concerns with the feet, please wear socks when wearing the shoes and inserts. Try to lotion the feet daily since this will avoid opening in the skin.

Leather shoe cleaning: Please use a leather cleaner or shiner to clean the leather shoes. Do **NOT** place them in the washing machine or submerge in water as it could ruin the leather.

Mesh/Lycra cleaning: Please wash these shoes with a mild soap and water. Do **NOT** place in washing machine or submerge in water as it could ruin the shoes.

Custom Multi-density diabetic blockers/inserts: If you feel like these need to be cleaned please use a mild soap and water to wipe off the top of the orthotics. Please do **NOT** submerge in water as it could ruin them.

Again if any of problems occur, discontinue wear and call our office and let your practitioner know. If you can not reach your practitoner, please leave a message for them. Practitioners will get back to you the latest the next business day.

_____

Patient Signature (Guardian)   Date