

What You Should Know About Your Prescription Orthotics

Dr. Polun and Dr. Gould have prescribed prescription orthotics to properly balance your foot and help alleviate your symptoms. Precise manufacturing procedures are used to fabricate these orthotics. To achieve optimum results, it is very important that you help us achieve our goal, your comfort! The following guidelines should assist you in the use and care of your new orthotics.

1. You must gradually adapt to your devices, especially if you have never worn orthotics before. As a rule, wear them one hour the first day, two hours the second day, and increase the wearing time by one hour each day. Normal “break-in” time is from two weeks to two months. Generally, children adapt more rapidly than adults.
2. Mild foot, leg or back discomfort may initially occur when first wearing orthotics. This should decrease with every subsequent day. If pain occurs that was not previously present, wear your devices every other day, and increase wearing time by only ½ hour, until you no longer have pain.
3. A low heel shoe such as a gym or tennis shoe should be worn for the first two weeks. After this, the orthotics may be worn in other shoes, providing the heel height does not exceed 1 ½ inches, or Dr. Polun or Dr. Gould has specifically prescribed devices for high heels.
4. “Squeaking” of the orthotics may be simply eliminated by applying powder in the shoes, and applying wax or soap to the front end of the orthotic. This will help to reduce friction.
5. Socks or stockings should be worn during the adjustment period to minimize irritation.
6. You may clean the surface of your orthotics with cool water and a mild soap, but do not immerse them in water. Also, never use hot water for cleaning your orthotics, as this may affect the material. Genuine leather orthotic devices may be cleaned with mink oil, saddle soap, or other leather cleaners.
7. Most importantly, follow Dr. Polun and Dr. Gould’s instructions completely.

Patient Signature

Date