

# FOOT & ANKLE CENTER OF FRISCO

PODIATRIC MEDICINE AND SURGERY

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## **Custom Orthotic Education**

The custom orthotics you just received are built to match your foot type and to help improve your foot function during ambulation. Please follow these recommended instructions in order to maximize the benefits and comfort of your new orthotics.

- **Break in your orthotics slowly over the next 2 weeks. Start by wearing them 1 hour today. If you are pain free after 1 hour, increase to 2 hours the next day and so on until you can tolerate them all day. Once you can tolerate the inserts for 6-8 hours per day without pain they are considered broken in.**
- **Do not use your orthotics for exercise, lifting heavy objects, or high impact activities for the first 2 weeks or until orthotics are broken in.**
- **Orthotics should be worn in neutral shoes.**
- **Cleaning your orthotics: Use baby wipes to clean the top cover of the orthotic. Do not soak your orthotics or clean in a washing machine.**
- **If you were instructed to start a stretching program by your doctor you should continue this treatment daily.**
- **Follow up in 2-3 weeks after dispensing orthotics to be re-evaluated by your doctor.**
- **If your custom orthotics are causing discomfort you can bring them in within 90 days of being dispensed for adjustments.**
- **Call the office with any signs of irritation from the orthotics including redness, blistering, or callus formation.**
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