



Diabetic Shoes and Insoles

You have been fit with diabetic shoes and insoles. Your shoes and insoles should always be worn with a cotton sock. Unless otherwise instructed, please use a gradual break in schedule to allow your body to get used to the device. Begin wearing the shoes and insoles no more than one hour today. Add an additional wearing- hour per day as tolerated. After you have worn the shoes and insoles for the required time, remove them and inspect your feet. If you notice any redness which persists for more than 15 minutes after removal, or if your skin is blistered, broken or you have any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the shoes and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

Be certain you are comfortable with putting on and taking off your orthosis and never attempt to modify your shoes and insoles yourself. Please don't hesitate to call if you have any questions or concerns about the shoes and/or insoles. A yearly check up is recommended.

Care of the Shoes (Leather)

1. Clean your shoes regularly – this will give life back to the leather!
2. If your shoes are dirty, we suggest that you first clean them with a damp cloth to get them ready for an application of shoe crème.
3. Use a cleaning and conditioning crème for the leather shoes. This crème will keep the leather clean and supple. Leather crèmes can be found at any drug, shoe or grocery store.
4. Simply apply the crème with a clean dry cloth and work it into the leather. Buff or brush out to provide a fresh finish. If needed, a colored shoe crème may also be used.

Care of the Shoes (Nubuck)

1. This material can be cleaned by the using a small suede brush to work away the dirt.
2. Also, there are sprays designed to refurbish suede or nubuck materials (the Kiwi-brand works great). Try the spray in a small area first to test for any discoloration.
3. Do not immerse the nubuck shoes in water. Shoe polish should not be used.

Care of the Shoes (Lycra®)

1. Never put this shoe in the washing machine.
2. We suggest using any fabric protector on this material to help retard the dirt.
3. Spray the shoes with a fabric protector before wearing them regularly.
4. If the shoes do get soiled, use a small amount of mild soap and water - or a small amount of Woolite and water – to remove the dirt (especially on the beige).
5. Try a baby wipe! (Works great if the shoe has first been sprayed with a fabric protector.)



Care of the Insoles

Use a wash cloth with mild soap and warm water. Rinse with clean water and pat dry with a towel. Do not put your insoles in the washing machine, dryer or dishwasher. Do not attempt to dry your supports in any type of oven, using a hair dryer or putting near a heater as this will damage the insoles permanently.

KEEP YOUR PLASTER FOOT MOLDS!!!

Your plaster foot molds may still have a lot of moisture in them. Wrap each mold individually with newspaper. Put them in a shoe box or paper bag & place in your closet for storage. This will help dry out the molds & protect them from damage for future use.

If you were given specific manufacturer care instructions for your orthosis please be sure to follow the directions closely.