



## Post Op Shoe / Cast Shoe

You have been fit with a post op / cast shoe. Unless otherwise instructed, the shoe should be used when out of bed and walking. At least once or twice per day, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness which persists for more than 15 minutes after removal can be a sign of excessive pressure. If this should happen, or if there are any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the orthosis and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

Your shoe should always be worn with a sock as well as supportive shoe on the opposite foot. All straps on shoe should be snug, but not tight. A walking shoe or sneakers are ideal for use on your opposite foot as this will help balance your leg lengths and provide maximal support. If you have questions regarding the appropriateness of a pair of shoes, please check with us. Your orthosis can be cleaned with a wash cloth and mild soapy water. Make certain all soap residue is removed and the orthosis is completely dry before re-applying. Avoid using a hair dryer or placing near a heater to speed up the drying process as this may damage the device. Make certain the orthosis is reapplied properly, with all straps secured snugly.

Be certain you are comfortable with putting on and taking off your orthosis and never attempt to modify your orthosis yourself. Please inspect your orthosis daily for any signs of wear including cracking, loose parts or decreased effectiveness of the device and call our office if needed. Also, don't hesitate to call if you have any questions about wearing the device. A yearly check up is recommended.

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