



# **Orthotic & Prosthetic**

**SPECIALTIES INC.**

## **CUSTOM SHOES**

### **USE AND CARE INSTRUCTIONS**

- Begin wearing custom shoes 1-2 hours the first day and increase 1-2 hours more each day.
- Check your feet after removing shoes for red pressure areas.
- Fasten the closures snugly to the foot. The best way to manage the foot is to keep it firmly placed in the heel seat.
- Please utilize the top lace locking eyelets. This will prevent heel slippage and keep the foot in one position in the heel seat.
- Wear cotton socks, never stockings.
- Allow wet shoes to dry at room temperature, never near a heating vent.

#### **IMPORANT NOTES ABOUT YOUR CUSTOM SHOES**

The diabetic and insensitive foot requires close monitoring. It is VERY important to keep all follow-up appointments made by your pedorthist/orthotist. Schedule an appointment with our office if any unexpected problems occur.