



Orthotic & Prosthetic

SPECIALTIES INC.

DIABETIC SHOES

USE AND CARE INSTRUCTIONS

- Visually inspect your feet every day for blisters, cuts and scratches, especially initially when shoes need to be “broken in”. Every couple hours is recommended in the “break in” period.
- Always be sure that the insides are clean, dry, and free from foreign objects.
- It is recommended to wear socks in the shoes, as compared to nylons. Socks absorb perspiration and act as a barrier to reduce friction.
- The laces should be pulled snug to insure that the foot and shoe are moving in unison.
- The outside of the shoe should be maintained like any other shoe. Polish, saddle, mild soap and water work fine.
- After you have had the shoes for several months, check to see if they are wearing evenly. Sometimes uneven wear means that there could be a problem. If this exists, call your pedorthist and ask for their opinion.

IMPORANT NOTES ABOUT YOUR DIABETIC SHOES

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.