

## **General Instructions for your Custom Molded Leather AFO**

At the time your orthosis (brace) was delivered, your orthotist showed you how to put on and remove your orthosis. At that time, you may also have received the following instructions; however, this will serve as a reminder and give you something to refer to when you have a general question regarding your orthosis.

The orthosis must be worn with a shoe since it is ineffective without one. Shoes worn with the orthosis should provide sufficient support: slippers, sandals and loafers are inappropriate. Some brands that work well are: New Balance (cross trainers), SAS, Drew and P.W. Minor. Lace up or Velcro the orthosis first and then put on the shoe (using a shoe horn if necessary). Always wear a wrinkle-free sock under the orthosis to reduce friction and protect from perspiration. Natural fiber socks, such as cotton, allow better circulation and absorption of perspiration.

### **Self-Examination**

Your orthosis was made to fit you properly and provide the greatest degree of comfort. Just like breaking in a new pair of shoes, it may take a brief period of time before the orthosis feels natural. Follow the below schedule as you build up your tolerance.

**Day 1:** Wear the orthosis for 1 hour at a time, 3 times during the day.

**Day 2:** Wear the orthosis for 2 hours at a time, 3 times during the day.

**Day 3:** Wear the orthosis for 3 hours at a time, 3 times during the day.

**Day 4:** Begin wearing the orthosis all day.

A properly fitting orthosis exerts a firm, steady pressure, similar to an open-palm hand pushing against the skin. It should not cause any sharp, stabbing pain or create bruises, calluses or blisters. Should this occur, call your orthotist immediately and arrange an appointment for an adjustment.

Daily examination of skin in contact with the orthosis should become a habit. A new orthosis may cause some redness, but this should disappear within 20-30 minutes of removing the device. If the redness does not disappear, make an appointment with your orthotist to have this checked.

MAIN OFFICE: 1-800-879-1245

CUMBERLAND OFFICE: 301-777-7086 ● EASTON OFFICE: 410-822-7599 ● SINAI OFFICE: 410-5542-6500

Hours of Operation: Monday through Friday, 8:00 am - 4:00 pm

# DANKMEYER

PROSTHETICS & ORTHOTICS

People with diabetes, vascular insufficiency or neuropathy are especially vulnerable to skin irritations, particularly in bony areas and the bottoms of feet. Extra care should be taken and even minor skin irritations should be treated promptly.

**Significant changes in your weight may cause improper fit of your orthosis. Do no attempt to adjust/repair your orthosis. Contact our office to set up an appointment for adjustments/repairs. You should schedule an annual follow-up appointment with Dankmeyer, Inc. to assure the fit and function of your orthosis is maintained.**

## Proper Hygiene

Any skin covered by the orthosis should be washed daily with warm water and mild soap. Thoroughly clean the bottoms of your feet and between the toes to avoid bacteria and dirt collections. Generous rinsing ensures removal of all lather since dried soap irritates the skin. Your skin should be completely dry before wearing the orthosis.

The orthosis should be cleaned regularly using a clean cotton towel with a 1:1 solution of rubbing alcohol and water. Do not attempt to hasten drying by using any type of heat. Your orthosis may be towel-dried or left to dry at room temperature. Do not wear the orthosis until it is completely dry. It is usually recommended that you clean your orthosis at night before going to bed so that it can air dry overnight. Use a quality shoe cleaner and conditioner on the **outside** of the orthosis. Talcum powder will help prevent odors.

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