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Foot Orthotic Wear & Care

Welcome to your new orthotics! Please follow the recommended break-in schedule to ensure a comfortable transition to orthotics use.

TO START:

For the first 3 days, wear your orthotics for 1 hour maximum. If any discomfort is felt, remove them immediately. Increase the wearing time by 1 hour per day after the initial 3 day break-in period.

Strenuous activities should not be performed in the new orthotics until you are accustomed to using them in your regular daily activities –usually in 10 to 14 days.

After 3-4 weeks, the orthotics should be happily worn all day. If any discomfort is felt after the first 4 weeks, please contact us and set up an appointment with your Orthotist to review the fit of your orthotics.

Inspect your skin for red marks when you remove the orthotics. Any red marks should disappear within 15 or 20 minutes after taking the orthotic off. If they do not disappear within that time, contact your Orthotist.

CARE OF YOUR ORTHOTIC:

Your orthotics may be cleaned with soap and water then air dried. Do not place them near a heat source.

Ortho Design will adjust your orthotics to assure optimum fit and comfort for your individual needs. Check-ups are always free and most foot orthotics can be recovered for a minimal fee.