

## **Break In Process, Care and Maintenance of Your Orthopedic Shoe**

### **Using of shoes:**

Always wear socks with shoes to reflect proper wearing of shoes. Follow the break-in period and process below to allow your feet to adjust to the new shoes.

- During the break in period, wear the shoes in the house to avoid damaging the shoes.
  - For the 1<sup>st</sup> day of wearing the new shoes, wear your new shoes with socks and the inserts. Wear them for 30 to 60 minutes, inspect your feet for excessive pressure areas and skin break down and rest for 30 minutes before wearing the shoes again.
  - It is normal to have pressure marks, but they need to dissipate or disappear within 20 to 30 minutes to be normal. If the pressure marks do not disappear within this time frame, stop wearing the shoes immediately and call your Orthotist for consultation or assessment.
  - If there are skin break down, stop wearing the shoes immediately and call your Orthotist and make an appointment to come in for an assessment.
  - Once you or your care taker are sure that there are not excessive pressure areas and or skin break down of all areas of where the shoes came into contact, continue rotation of wearing your shoes 30 to 60 minutes on with 30 minutes off with always continuing inspecting all area of shoe contact.
- Under the condition that there are no concerns with the feet, with each day of wear, increase the wear time 60 minutes with 30 minutes of rest (must continue to inspect the feet for excessive pressure area and skin break down).
  - As an example, the 2<sup>nd</sup> and 3<sup>rd</sup> day of wear are as follow:
    - 2<sup>nd</sup> day of wear: 90 to 120 minutes (1-1/2 to 2 hours) with 30 minutes of rest.
    - 3<sup>rd</sup> day of wear: 150 to 180 minutes (2-1/2 to 3 hours)

And so on until the shoe can be worn all day.

- When you (or a family member or friend) have confirmed that you are not having problems with your shoes, you are ready to wear them outside the home.

### **Reminder**

- Inspect all areas of the foot that the shoe comes into contact. Inspect for excessive pressure area, redness, skin irritation, skin break down or swelling.
- It is normal to have pressure mark and redness, but it should disappear in 20 to 30 minutes to be normal and report any concerns to north Metro Orthotics and Prosthetics.
- Clean your shoes and inspect for wear and tear.
- Do not subject the shoes to high temperatures such as near a heater or fireplace.

### **Care and Maintenance of your shoes**

- Wear socks with the shoes. Store shoes in proper location to extend durability of shoes.

## Checking your skin

- Inspect all the skin that touches the shoes. Look for red areas, skin irritation or swelling. Check the bottom and the sides of the foot as well.
- It is normal to have pressure mark and redness, but it should disappear within 20 to 30 minutes to be normal.
- If there are any pressure area, redness, skin irritation, skin break down and swelling that does not go away within 20-30 minutes, stop wearing the shoes and Immediately call the office for an assessment or consultation.
- Even after the break in period, continue to inspect your skin at the areas where the brace comes into contact and the shoes for defects. If there is any signs of skin issue or brace defect, please contact the office.

## Special Instruction

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**Please contact North Metro Orthotics and Prosthetics if you have any question on your Orthopedic Shoes.**

### **Coon Rapids Office**

*8:00am - 4:30pm M-F*

*3111 - 124<sup>th</sup> Ave. NW, Suite 210*

*Coon Rapids, MN 55433*

### **Fridley Office**

*8:00am – 4:30pm M-F*

*890 University Ave., Suite 310*

*Fridley, MN 55330*

### **Osseo Office**

*8:00am – 4:30pm Thursday and by appointments*

*10 central Ave*

*Osseo, MN 55369*

*Phone: (763) 784-6647*

*Fax: (763) 784-7747*