

## Lower Extremity Orthotic Wearing Instructions

Always wear a sock against the skin, under the orthosis, to reduce friction and to protect from moisture caused by perspiration. In general, you should:

- ✓ Wear a clean sock each day.
- ✓ Make sure you smooth out all wrinkles in the sock prior to putting the brace on.

### Shoes

Proper footwear is an important part of making the brace fit and function properly.

- ✓ An extra-depth shoe may be required to correctly accommodate the brace.
- ✓ A lace up style shoe works best to allow the shoe to be tightened appropriately. This ensures the foot remains positioned correctly within the brace.
- ✓ A shoe that opens up in a "U" shape, rather than a "V" shape works best.
- ✓ A shoe that opens up as far as possible into the toe area also works best.
- ✓ The brand "Billy" makes shoes that zip such that the entire top of the shoe opens. This shoe oftentimes works very well to accommodate braces. These shoes can be purchased online.

### Skin Examination

- ✓ Follow the wearing schedule outlined during your delivery appointment.
- ✓ A properly fitting brace applies even pressure over the entire surface of the brace, it should not cause any sharp, stabbing pain or create bruises, calluses or blisters.
- ✓ Should any of these conditions occur, contact us and schedule an appointment to adjust the fit of the brace as soon as possible.
- ✓ If you experience a change in your body weight, your brace will likely require adjustment or replacement. Contact us and schedule an appointment if your body weight changes.

### Hygiene

It is important to keep both your brace and yourself as clean as possible.

- ✓ Any skin covered by the brace should be washed daily, be sure to rinse the soap well, as dried soap may irritate the skin. The skin should be completely dry before wearing your brace.
- ✓ Your AFO should be cleaned regularly with alcohol by applying it with a clean washcloth, then dry with a towel. The brace should be completely dry before wearing.

**Anderson Orthotics & Prosthetics**  
**(936) 559-1881**

If you have ANY problems with your brace, please call us.