

Diabetic Shoes Break-In Instructions Use and Care Instructions

Congratulations on receiving your new shoes. In accordance with Medicare regulations, they have been selected from our own inventory, from another company, or have been fabricated to provide you with optimum comfort and protection. In order to receive the greatest benefits from this footwear, please follow these suggested guidelines listed below.

Getting Used To Your New Shoes

People with decreased feeling in their feet may have a false sense of security as to how much at risk their feet actually are. An ulcer under the foot can develop in a couple of hours even if the shoes are expertly fit. In order to avoid any irritation, please adhere to the following break-in schedule:

Day One : Wear 1 Hour

Day Two: Wear 2 Hours (check feet after 1st hour)

Day Three: Wear 3 Hours

Day Four: Wear 4 Hours (check feet after two hours)

Day Five: Wear Full Day (check after lunch)

- If at anytime, you see red spots or darkness on the toes or other bony areas during the first five days: Discontinue wearing the shoes for the rest of the day and start routine again the next day beginning with one hour of wear.
- If red spot or darkness appears with every wearing- Do not wear the shoes. Call your orthotist for an adjustment appointment.
- Replace your old shoe inserts with new ones every 4 months.
- Be sure to inspect your feet every day.

Important Notes

It is VERY important to keep all follow-up appointments made by your orthotist to evaluate the condition of your diabetic shoes. Please call and schedule an appointment if any unexpected problems occur.

Special Instructions (if Applicable)

