

## Foot Orthotic (Arch Support) Care and Use Instructions

A Foot Orthotic, or arch support, is a custom molded device made from a variety of materials ranging from rigid plastic to soft foams. It is designed to support arches of your foot and redistribute your weight to different areas to prevent excessive pressure. It may also correct mild alignment problems.

### How To Use Your Foot Orthotics

- Wear the foot orthotic in a lace-up type shoe that has enough room for both your foot and the orthotic to fit comfortably. If you have any questions about your shoe, ask your orthotist.
- Begin wearing the UCBL foot orthotic for 2-3 hours at a time, then take it off for 1 hour. Alternate time spent wearing the foot orthotic and resting your foot the first few days. Allow your foot to get used to the foot orthotic gradually.
- Slowly increase your wearing time though out the next several days.
- Check your foot for any red pressure areas when you remove your foot orthotic. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important for patients who are diabetic or who have poor sensation in their feet.

### How to Care for Your Foot Orthotics

- Wash your feet daily.
- Wash the foot orthotic weekly using mild soap and water. Wipe your Foot Orthotic with rubbing alcohol to eliminate odors.

### Important Notes

A Foot Orthotic is a very specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Please call and schedule an appointment if any unexpected problems occur.

### Special Instructions (if Applicable)

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