



Wear and Care Instructions for Custom Foot Orthotics



Use your phone's camera to scan this QR code and follow along with the video

Basic Information

► Follow along with the video for best results

- Remove the inlay that is currently in your shoes. This will allow for more room in your shoes. If there is not an inlay then likely the foot orthotics will not fit in those shoes.
- Put your foot orthotics into your shoes. When putting your foot orthotics in, make sure they lay flat in the shoes and are not curled in the toe box.
- You will not be able to wear your orthotics with all shoes. Here are some shoes that do not work with foot orthotics: loafers, flats, cowboy boots, heels, sandals, Crocs, and low profile shoes (like barefoot shoes).
- Keep your orthotics away from heat sources.

HELPFUL TIP - Check your feet every day. If your foot is in pain or if you see a red spot that lasts more than 15 minutes after you take off your shoes it could mean there is too much pressure. If this is the case, stop wearing the foot orthotics, take a picture of the red spot, and contact our office right away.

Cleaning Instructions

If the foot orthotics get dirty, remove them from the shoe and clean them with soap and warm water. The foot orthotics must be fully dry before you put them back in the shoes. If bodily fluids get on the foot orthotics you can use rubbing alcohol to disinfect.

Break-In Schedule

Generally, we suggest a slow break-in period. Foot orthotics can change the way you walk and sometimes your body needs time to adjust. We suggest a slow break-in period so we can spot and address any problems right away. We recommend only wearing them for 1 hour on the first day. Then add 1 hour every day until you're wearing them full time. Make sure to do a skin check after every two hours while breaking in the shoes. A typical break-in schedule may look like this:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 hour	2 hours	3 hours	4 hours	5 hours	6 hours	Full time wear