EXTRA DEPTH SHOES & CUSTOM INSERTS

After being fitted for your therapeutic shoes, you may notice they are different from any other shoes that you may have worn before. They will be roomy in the toe section, and might slip slightly in the heel. This slippage should decrease after the shoes are broken in. If necessary, there are adjustments that your shoe professional can make to help decrease the slipping sensation.

It is important to gradually break in your new shoes by following a wearing schedule, as well as using good judgment.

THE FIRST DAY – Wear your shoes, TWO (2) HOURS or LESS. After you remove your shoes, take off your socks as well, and inspect your feet for signs of irritation. You may need to use a mirror to get a good look at your feet, or if you are unable to see well, get a family member or friend to look at them for you. If you have any redness, pay strict attention to how long it takes to go away. If the redness does not go away within fifteen (15) minutes, stop wearing the shoes and call our office for an appointment.

THE SECOND DAY - Wear the shoes for four (4) hours or less. Remove your shoes and socks and inspect your feet.

THE THIRD DAY – Wear your shoes for six (6) hours or less. Remove your shoes and socks and inspect your feet.

FOLLOWING DAYS – Gradually increase your wearing time each day, as tolerated.

IMPORTANT
- Make inspecting your feet a daily habit to keep your feet healthy
- Look at your shoes often, for signs of wear and to check the insides to make sure that there are no foreign objects there.
- If you have signs of pressure, such as red areas that stay longer than fifteen (15) minutes after you remove you shoes stop wearing the shoes and call our office for an appointment to have your shoes adjusted.

Depending on the amount of wear, you may need your inserts replaced throughout the year. Medicare will pay for three pair of inserts each year so that you can replace ones that no longer provide adequate cushioning.

Please call the office if you have any questions or concerns or for further follow-up appointments.

1015 Swanson • Houston TX 77030
phone 713-795-8909 • fax 713-795-4002
CAREprosthetics.com