

## **Wear & Care Instructions**

### **Custom Orthotics**

1. Wear your orthotics for up to one hour the first day, two hours the second day, three hours the third day, etc. You may wear them more if comfortable, or less if necessary.
2. If your orthotics cause pain before you have worn them for the scheduled period, remove them. On the next day, do not attempt to increase the wearing time. Then, resume your schedule the following day, increasing the wearing period one hour per day.
3. Be sure to wear stocking or socks to minimize the possibility of skin irritation.
4. Remember that shoe construction will affect your orthotics. They function most effectively in closed shoes. When purchasing new shoes, bring your orthotics to ensure proper fit.
5. If your orthotics squeak, lightly dust baby powder into the shoes.
6. Cleaning and care: wipe with damp cloth. DO NOT soak in water and DO NOT put in washing machine. Air dry only.