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PATIENT INSTRUCTIONS FOR WEARING AND CARING FOR YOUR DIABETIC SHOES/ CUSTOM SHOES WITH CUSTOM MADE/FIT DIABETIC INSERTS

Your Diabetic shoes and inserts are designed to protect your feet from complications that arise from diabetes including pressure areas, calluses, and open wounds. The shoes are designed to have greater depth and protective materials in order to reduce friction on the diabetic foot. As the shoes and inserts are new, it is vitally important to monitor your skin frequently and break-in to the shoes slowly.

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 any time, 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.
- Rotate your shoe inserts consistently for even wear and reduced friction on your skin..
- Be sure to inspect your feet every day.

Cleaning

It is important to wash your feet and legs daily with mild soap and water. Rinse your skin well and towel dry. Wear clean socks against your skin and make sure there are no wrinkles which could cause irritation. Inspect your feet daily. Clean your diabetic inserts regularly with mild soap and water or rubbing alcohol. Clean the insides of your shoes with rubbing alcohol and the outside with regular saddle soap or shoe cleaner.

Important Notes

It is VERY important to keep all follow-up appointments made by your orthotist to evaluate the condition of your diabetic shoes. In addition, it is vitally important that you or your caretaker inspect the skin of your feet on a daily

basis and that you have period visits with your podiatrist and/or Diabetic physician to monitor the condition of your feet so that no adverse situations arise.

Please call and schedule an appointment with Seacoast Prosthetics if any unexpected problems occur.