



30 International Drive Suite 201 Portsmouth, NH 03801

☎: 603-294-0010

📠: 603-294-0012

PATIENT INSTRUCTIONS FOR OFF-LOADING WOUND-SHOE/BOOT/CROW

General Information

Your custom designed Off-loading Shoe/Wound Boot/CROW boot will help correct and maintain the proper alignment and position of your ankle and foot while off-loading your current wound. Ankle and foot alignment is vital for balancing and distributing your body weight as well as reducing the friction that causes skin breakdown. Your device will help correct mild to moderate foot problems and reduce associated pain. You may experience slight discomfort as you adjust to the new orthosis and proper alignment position. The adjustment period normally ranges from one to six weeks and you will wear per your PHYSICIAN'S ORDERS and follow up with our office as needed.

The following wearing and care guidelines will help you be as comfortable as possible during this time.

Wear Time

Your new device is meant to help reduce pressure and heal your wound in association with your Wound Care treatment. Use whenever out of bed and/or weight bearing unless your physician informs you otherwise. You should also decrease your activity level during this transition period. Soon you will be comfortable wearing your device all day. You will achieve the greatest long-term benefits when you consistently follow these directions and the orders from your physician.

Pain

Remove your device if you experience any new/different pain or discomfort and contact our office or your wound care team. Check your skin for areas of irritation. Some redness is expected in areas of maximum correction or support. However, redness should disappear within 20 minutes after the orthosis is removed. If you notice a significant change in your wound, consult your wound care team and then make an appointment with your orthotist at Seacoast Prosthetics for an adjustment as soon as possible.

Skin Care

Follow all directions from the Wound Care center for care of your foot/lower extremity.

Wearing a cotton sock or stocking (which is a little higher than the top of your orthosis) over your dressing and under your device will help reduce friction and keep your skin dry. During hot and humid weather, sprinkle a small amount of baby powder on your legs and feet before putting on the socks. You may also wish to change socks a few times during the day. These simple tips will help minimize perspiration. Check your leg, ankle and foot carefully every day for any red or tender areas. Such areas could indicate that your shoes do not fit properly, or your device needs an adjustment.

Care

Your new orthosis is made from state-of-the-art materials. With moderate use and proper care, your new device should last more than one year. Clean your AFO whenever it becomes dirty or has an unpleasant odor. Wipe the device inside and out with rubbing alcohol applied to a cloth.

Remember...

Never attempt to repair or adjust your AFO yourself. Your orthotist will schedule periodic visits to make sure your AFO is working properly. Contact Seacoast Prosthetics patient care facility whenever you need help or have any questions. Your practitioner will work closely with you and your physician to ensure the best orthotic treatment possible.