



AlliedOP, Inc.
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Guidelines For Wearing And Caring For Your Diabetic Footwear

General Information

Your customized Diabetic Footwear will help improve and maintain the proper support and position of your ankle and foot. This type of footwear is specifically designed to minimize pressure and improve comfort and circulation. Your footwear and inserts, when worn properly, will help correct mild to moderate foot problems and reduce associated pain. You may experience slight discomfort as you adjust to the new orthosis.

Wearing Guidelines

Break -In Schedule

People with decreased sensation in their feet may not know when their feet are at risk. A wound or ulcer can develop under the foot in a couple of hours even with properly fitted shoes. In order to avoid irritation or more serious problems, please follow the break-in schedule below:

First Day	Wear (1) one hour	Second Day	Wear (2) two hours
Third Day	Wear (3) three hours	Fourth Day	Wear (4) four hours
Fifth Day	Wear (5) five hours		

Be sure to inspect your feet every day.

If you see redness or red spots on the toes or other boney areas during the first five days. REMOVE the shoes and do not wear them for the rest of the day and re start the break-in schedule from the beginning.

If you have a red spot that appears every time you wear the shoes- DO NOT WEAR THE SHOES. Call our office for an appointment to check and adjust the shoes.

Follow Up

You should schedule a follow up appointment after having worn the shoes through the break-in period, approximately 2 weeks after delivery. At this appointment the shoes and inserts will be checked to see that they are wearing properly and are providing the proper support for your feet.

Diabetic Inserts

The diabetic inserts that you received with your shoes, should either be alternated or changed every 4 months when you have received three sets.

They are designed to provide protection from shock and shear forces.

In providing you with correct diabetic shoes and inserts, we hope to reduce the risk of and prevent foot complications, which could lead to foot ulceration and or infection.