

Eastern Shore Orthotics & Prosthetics, Inc.

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BREAK IN SCHEDULE FOR **ARCH SUPPORTS & SOFT ACCOMMODATIVE**

Your practitioner will give you verbal instructions on how to break in your new foot orthotics. Please make sure that you understand these instructions before leaving our office. Any changes in your physical condition or general health should be notified to your doctor immediately. Your doctor will then decide if you should continue to wear your orthotics.



- 1) Wear appropriate shoes to accommodate your orthotics. If your shoes have a removable inner sole, you should remove that before putting your new orthotics in the shoes.
- 2) First day, wear your orthotics for 1 hour & increase your time 1 hour per day for the first 8-10 days.
- 3) After 8-10 days, if you feel you need adjustments, please call our office and make an appointment.
- 4) Watch for any redness or concerned area. Normal redness can last 30-40 minutes.
- 5) If you notice a callous forming or blister, remove your orthotics and call our office immediately to schedule an appointment for an adjustment.
- 6) All custom-made foot orthotics are covered under a 3-month warranty. Minor adjustments are included in the warranty period.