

Patient Instructions

Custom Molded Shoes

The practitioners and staff of ABC Prosthetics and Orthotics have taken great effort to achieve the best possible fit of your new custom molded shoes. The term, **CUSTOM MOLDED**, means that these shoes were made specifically for your feet and that they will not fit anyone else properly.

While these shoes should feel fairly comfortable at first, there is a “break-in period”, and therefore a procedure that you must follow. **Shoes should be worn with thin white cotton socks, as an interface, to help protect your skin.**

If at any time, the shoes do not feel right, if they cause any pain or discomfort, or if you notice any irritation or red areas, please immediately stop using the shoes and contact ABC Prosthetics and Orthotics, so that we may make any necessary adjustments. Remember there are no additional charges for us to make adjustments, unless the shoes have been altered by someone other than a practitioner at ABC Prosthetics and Orthotics. So, do not attempt to modify or alter these shoes!

The following wearing schedule should be observed, and it is very important that you examine your feet after each hour of wear for the 1st week. It is also very important, for good foot care, that you examine your feet at the end of everyday.

Please follow this schedule:

Day 1	1 Hour Wearing Time
Day 2	2 Hours Wearing Time
Day 3	3 Hours Wearing Time
Day 4	4 Hours Wearing Time
Day 5	5 Hours Wearing Time
Day 6	Full Time Use

DO NOT, UNDER ANY CIRCUMSTANCES, ATTEMPT TO MODIFY YOUR NEW SHOES OR INSERTS. THIS COULD RESULT IN SERIOUS INJURY!