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## **Extra Depth Shoes and Inserts Wear-In Instructions**

After being fitted for your therapeutic shoes you may notice that they are different from any shoes you've worn before. They will be roomy in the toe section and might slip slightly in the heel. This slipping should decrease after shoes are broken in or there are adjustments your Orthotist / Pedorthist can make to help decrease this sensation. It is important to gradually break in your new shoes by following a wearing schedule and using good judgment.

**The first day:** Wear your shoes one hour or less. After you remove your shoes, take off your socks as well as inspect your feet for signs of irritation. You may need to use a mirror to get to get a good look at your feet or ask someone to look at them for you. If you have any redness pay attention to how long it takes for the marks to go away.

**The second day:** Wear the shoes for one hour or less in the morning and again in the afternoon. Remove your socks again after each period and inspect your feet.

**The third & following days:** Wear your shoes slightly longer than the day before. Gradually increase your wearing time each day as tolerated.

### **Important:**

- Make inspecting your feet a daily habit to keep your feet healthy.
- Look at your shoes often for signs of wear and to check the soles as well as the insides to make sure there are no foreign objects there.
- If you have signs of pressure, such as red areas that stay red for longer than 15 minutes after you remove your shoes, call our office to have your shoes adjusted.
- Never walk around barefoot, even inside your home.
- Never try to remove corns or calluses yourself.
- Report any changes in your feet such as swelling, redness, pain, etc. to your physician immediately.

*These instructions have been explained to me and I have been given a written copy of them to take home.*

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please contact us if you have any questions**

**UNC Hospital Office: 919-966-4630**

**UNCH Prosthetics/Timberhill Pl. Office: 919-945-0215**