

Your ankle-foot orthosis (AFO) has been custom-designed and handcrafted to meet your unique ankle and foot needs. By following a few simple guidelines, you can extend the life of your AFO and ensure it continues to provide effective therapy for years to come.

Initial Wear

- **Adjustment Period:** It may take a short period before the AFO feels natural. A proper fitting AFO applies a snug fit and steady pressure against the skin.
- **Skin Inspection:** After 1-2 hours of initial wear, remove the AFO and your sock to inspect the skin for any redness. If redness persists after 30 minutes, contact your healthcare professional and continue to monitor the area.
- **When to Contact a Professional:** Reach out to your healthcare professional immediately if you experience any of the following:
 - Sharp or stabbing pain
 - Unusual swelling
 - New bruises, calluses, or blisters

Cleaning and Care

- **Daily Skin Care:** Wash the skin covered by the orthosis, including the bottom of the foot and between the toes, daily with mild soap and warm water. Rinse thoroughly and dry completely.
- **Cleaning the AFO:** Hand wash your AFO with mild soap and water applied with a clean cloth. Rinse all soap from the cloth and wipe the AFO surfaces clean of any soap residue. Air dry only—do not use heat to dry.
- **Maintenance:** Have any worn, cracked, or broken portions of your orthosis assessed and repaired by your healthcare provider as soon as possible.

Socks

- **Proper Wear:** Always wear a clean sock or stocking with your AFO to reduce friction and protect it from perspiration. Socks should extend beyond the top line of the AFO against the ankle or leg.
- **Hygiene:** Change socks daily, and additionally when necessary to reduce perspiration buildup. Baby powder may help keep you dry and more comfortable.

Shoes

- **Selection:** A proper fitting lace-up shoe will provide the best results. Shoes with removable insoles and/or added depth may be necessary to accommodate the AFO.
- **Consistency:** Maintain a consistent heel height when switching between shoes.
- **Monitoring Wear:** Notify your healthcare provider if you notice any irregular wear patterns on the soles of your shoes.

If you have any additional questions about the wear and care of your device, consult your healthcare professional.

By adhering to these guidelines, you can ensure the optimal performance and longevity of your custom AFO, supporting your mobility and comfort every step of the way.

