



Ankle Foot Orthosis (AFO) Care and Use Guide

You just received your new orthosis which was designed and custom made especially for you. Please refer to the following instructions for the care and use of your brace.

Application:

Always wear a clean sock under your AFO to reduce friction and protect your skin from perspiration. It is **recommended** that the sock be the same length as the AFO and that you make sure the sock is wrinkle free. You may need to purchase shoes that are ½ sizes larger to accommodate your AFO. Always wear a shoe with your brace.

Wearing Schedule:

Like breaking in a new pair of shoes, it may take a brief period of time to break in your new AFO before it feels natural. You should not wear your AFO for longer than 4 hours the first day and increase wear time by an hour a day until you are wearing it full time. Do not sleep in your brace unless instructed to do so.

Skin Maintenance:

It will be necessary for you to check your skin frequently while wearing your AFO. ***A new AFO may cause some redness which should disappear within 15-20 minutes after removing the brace. If redness does not disappear, contact your orthotist to have this inspected and do not wear the brace until it is adjusted.*** Diabetics and those with lessened sensation are especially vulnerable to skin irritation, particularly in bony areas such as the skin or on the bottoms of the feet. Extra care should be taken, and even minor skin irritations should be treated promptly.

Orthosis Care:

Your AFO should be cleaned regularly with alcohol spray or mild soap and water. Do not soak the AFO as this may cause damage. If at any time your orthosis becomes cracked or broken, call us immediately for repairs or replacement.

Please contact us with any questions or concerns.