

Care and Use of Your New Orthosis (Brace)

**Your brace was custom designed to support your foot/leg.
Prior to putting on your brace, inspect your skin for redness, sores, etc.
Put on a smooth cotton sock or sleeve.**

How to apply device:

1. Inspect brace for any issues
2. Line up brace with proper anatomy
3. Tighten straps in proper order
4. Strap need to be snug
5. Check fit for comfort
6. Try moving in brace to ensure proper fit

WEARING:

On the first day, wear the brace for one hour. On the second day, wearing time is two hours. The third day, for four hours. Day four wear the brace for eight hours and by the fifth day begin wearing the brace full time (all day).

If brace is causing discomfort, remove brace. Make note if there are any sore/ pressure areas. Some redness and strap marks may be noticed, but is expected. If they do not resolve within one hour of brace removal, please call our office.

CLEANING:

Your brace should be wiped daily with Antibacterial wipes and may be washed weekly with mild soap and water. The straps will dry overnight. Make sure device is thoroughly dry before wearing.