

## **Custom AFO- Ankle Foot Orthosis / Custom KAFO- Knee Ankle Foot Orthosis** **Wear and Care**

Your orthotist will have shown you how to put on and remove the orthosis at the time of delivery. A plastic ankle/foot orthosis (AFO) or knee/ankle/foot orthosis (KAFO) must always be worn with a shoe since it is slippery and ineffective without one. The first day you wear the brace wear it for an hour and continue to add an hour a day. If you notice that your skin is pink and irritated for longer than an hour after removing the brace an adjustment might be necessary. It should not cause any sharp or stabbing pain or create bruises, calluses or blisters. Should this occur, call us immediately and arrange an appointment for an adjustment. It's also important to maintain a relatively consistent weight. Your orthosis was custom designed for your weight and dimensions, so extreme gain or loss may cause improper fit. Please call to make an appointment at our office for an adjustment.

### **Shoes**

Do not wear slipper, sandals, and loafers with the brace. It is important that you wear the brace with a supportive athletic shoe that it was designed for. Shoes with a tall or extremely low heel are not recommended to be worn with the brace.

### **Cleaning**

- ✓ Any part of the body covered by the brace should be washed daily.
- ✓ The body should be completely dry before wearing the brace.
- ✓ Plastic braces should be cleaned with alcohol or mild soap and water.
- ✓ Do not soak the brace in water.
- ✓ Do not dry the brace with a blow drier or heater.
- ✓ Your brace should be towel dried and left to dry at room temperature.
- ✓ If any part of your brace cracks or breaks please make an appointment at our office for repair.

### **Follow up Visits**

Follow the break in procedure properly and all special instructions to insure that the orthosis provides the greatest degree of function. If changes in condition (strength/weight/etc) occur, call us to re-evaluate the orthosis.

Future visits and orthotic maintenance checks may also be scheduled as determined by your individual needs.

Orthosis with joints require greater attention. Metal joints and the like require evaluation every 6 months to insure they are working properly. **All repairs require to be done at our facility.** Any changes in orthosis must be evaluated by us as soon as possible. By following this schedule it will offer you peace of mind and assurance that your orthosis is offering you maximum support, comfort and assistance.

See our warranty and also note that we are here to repair and adjust orthosis as needed. Repairs by negligence, accident, misuse or abuse will not be covered, but each is taken on a individual evaluation. We are not responsible for any misuse of the orthosis. This includes use beyond normal activities to which the orthosis can withstand.