



Diabetic Shoes & Inserts

Use and Care Instructions

How to Wear Your Diabetic Shoes and Inserts

- Always wear socks with your diabetic shoes and inserts
- Always use a shoe horn when fitting
- Always check your skin. Do not depend on how the shoes and inserts feel. For the first week, check the skin several times per day. Report any redness or calluses to your orthotist/pedorthist
- Always inspect your feet at least once daily
- Have soles repaired to prevent uneven wear

How to care For your Diabetic Shoes and Inserts

- Takes inserts out of shoes at night to let them dry and air out
- Wipe inserts down with a damp rag or cloth
- Polish outside and keep them clean

Important notes About your Diabetic Shoes and Inserts

Diabetic Shoes and Inserts are very specialized devices. It is VERY important to keep all follow up appointments made by your orthotist/pedorthist. Schedule an appointment at our office if any problems occur