



Custom Molded Inserts

Use and Care Instructions

- Wear your new supports for one hour the first day and increase your wearing time by one hour each day.
- If you have severe or unbearable discomfort before you reach the maximum wearing time on any given day, remove the orthotics from your shoes. The following day wear them again, but only for the amount of time you wore them the previous day (Or, follow your doctor's instructions for your unique condition). If any of the above applies to you increase your time of subsequent days by ½ hour instead of the full hour. Continue this process as long as it remains comfortable.
- You should begin wearing your supports comfortably for most of the day within 1 to 2 weeks.
- It is not uncommon for some mild pain in your feet, ankles, knees, hips and back in the early stages of wearing your orthotics. This is a result of the repositioning and realignment of your body.
- Most importantly, follow your doctor's instructions.
- 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/podiatrist
- Always inspect your feet at least once daily
- Have soles repaired to prevent uneven wear
- Take 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 Custom Molded Inserts

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