

Shoes

Care of Shoes

While being fitted with your new shoes, your pedorthist or orthotist will instruct you on how to care and break in your new shoes.

Stockings

1. Wear clean, non-elastic cotton stockings.
2. Make sure to smooth out all wrinkles.

Shoes

1. Use a shoe horn every time you put on your shoes. This will prevent the sturdy heel counter from breaking down.
2. Keep the soles and heels in good repair at all times.
3. If your shoes become wet or damp, allow the leather to air dry. Do not use heat to dry the damp leather.
4. Use of shoe trees in regular orthopedic shoes over night will maintain the shape and prolong the life of the shoes.
5. If you are wearing boots or high top shoes, do not use the top one or two eyelets until the leather is well softened from regular use.

Custom Made or Orthopedic

6. Keep your shoes laced tightly enough so your feet will not slide forward in the shoe. Do not lace your shoes so tightly that the laces leave pressure marks.
7. Polish your shoes with shoe polish at least once a month. This will preserve and protect the supple texture of the leather.

Self-Examination

1. After initially wearing your shoes for one-half hour, remove the shoes and stockings.
2. Examine the skin on your feet (sides, top, bottom, back of heels and legs). Use a mirror if necessary.
 - a. If you see red areas, this means pressure. Check the amount of time it takes for the redness to disappear.
 - b. If the red areas are gone in one-half hour or less, or if you see no redness at all, put the shoes and stockings back on again and recheck after one more hour.
 - c. If the skin looks good, you may double the time you wear your shoes each day.
 - d. Remember to look for pressure areas each time you take off your shoes.
3. If you notice redness that does not go away in 10 - 20 minutes, do not put your shoes back on, but try again the next day.

IF REDNESS PERSISTS EVEN AFTER TRYING TO SLOWLY BREAK IN YOUR SHOES, DISCONTINUE WEARING THEM. CALL THE DE LA TORRE OFFICE WHERE YOU WERE SEEN TO MAKE AN APPOINTMENT.

IMPORTANT: IF YOU ARE A DIABETIC, REDNESS SHOULD DISAPPEAR IN APPROXIMATELY 10 MINUTES. IF REDNESS PERSISTS SEE YOUR ORTHOTIST IMMEDIATELY.

4. When assessing the condition of your feet do not gauge the condition by "feel" only. Be sure to physically examine the skin on your feet every night for any disorders.

If you are a diabetic or have decreased or no sensation in your feet, it is especially important that you check your skin three or four times a day.