



YOUR NEW DIABETIC SHOES – WEAR AND CARE INSTRUCTIONS

Break-In instructions for new shoes.

Congratulations on receiving your new shoes. In accordance with Medicare regulations, they have been selected from our own inventory, or have been special ordered for you to provide you with optimum comfort and protection. In order to receive the greatest benefits from this footwear, please follow these suggested guidelines.

Inserts & Supplies

Medicare pays for one pair of extra depth shoes and three pair of inserts per calendar year. Remember to rotate your inserts every fourth month. Additional supplies such as shoe horns and diabetic socks are recommended and available at many of our locations providing shoes.

Getting used to your shoes

People with decreased feeling in their feet may have a false sense of security as to how much at risk their feet actually are. An ulcer under the foot can develop in a couple of hours even if the shoes are expertly fit. In order to best avoid any irritation, please adhere to the following break-in schedule:

FIRST DAY	Wear One Hour
SECOND DAY	Wear Two Hours – Check feet after first hour
THIRD DAY	Wear Three Hours
FOURTH DAY	Wear Four Hours – Check feet after two hours
FIFTH DAY	Wear Full Day – Check after lunch

- IF AT ANY TIME YOU SEE RED SPOTS OR DARKNESS ON THE TOES OR OTHER BONY AREAS DURING THE FIRST FIVE DAYS: Discontinue wearing the shoes for the rest of the day and start routine again the next day beginning with one hour of wear.
- IF A RED SPOT OR DARKNESS APPEARS WITH EVERY WEARING – DO NOT WEAR SHOES. Call our office for an adjustment appointment.
- BE SURE TO INSPECT YOUR FEET EVERY DAY.

Follow-Up

It is recommended that you schedule a visit to our office after having worn your shoes through the break-in period or in about a week. If this is inconvenient, we can contact you by phone in order to ask you some questions about the fit of your shoes and the condition of your feet. Please direct any questions about the items received today to this office. If you are using one pair of inserts at a time, discard every four months and replace with a new set. If alternating use, alternate evenly for appropriate wear and life. You should return to our office within one year after receiving shoes and inserts.

Goals of the Program

Diabetic patients have fewer foot complications if they have been properly fitted in the correct type of footwear with accommodating insoles. By transferring pressures on the plantar aspect, the insensitive diabetic foot is better protected from shock and shear. The desired outcome is to fit you with the most appropriate and best fitting shoes possible in order to reduce the risk of and prevent foot complications, which could ultimately lead to ulceration, infection and amputation.

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