



## Care of Plastic Ankle-Foot-Orthosis (AFO)

While being fitted with your plastic ankle-foot-orthosis (AFO), your orthotist will instruct you on how to wear and use your orthosis effectively. Some points to remember:

### PUTTING ON YOUR AFO

- Put the orthosis on first, then the shoe. A shoehorn may be helpful, or:
- Slip the orthosis into the shoe first, and then slide the foot into the orthosis, using it like a shoehorn.

### STOCKINGS

- Clean cotton stockings should be worn under the AFO. This will be more comfortable and will reduce perspiration.
- Keep the stockings wrinkle-free, however, do not pull the stocking tightly over toes.

### SHOES

- The AFO should be worn with a shoe at all times. The plastic is too slippery to be worn without a shoe.
- Wear laced shoes that are the same heel height. Avoid spiked heels, slippers, sandals, and loafers. It will be necessary to increase the shoe size to accommodate the AFO.

### KEEPING YOUR ORTHOSIS CLEAN

- Clean your AFO by using rubbing alcohol (isopropyl alcohol) and wiping with a damp cloth.
- Completely dry with a towel or allow the orthosis to dry at room temperature.

### SELF EXAMINATION

- Examine your skin under the orthosis every day. Redness of skin under pressure areas of a new orthosis may develop. The redness should disappear 20 to 30 minutes after the orthosis is removed.
- As you become accustomed to the orthosis, the redness should disappear. If blisters or open sores occur in the pressure areas, stop wearing the orthosis and contact your orthotist for adjustments.

### PROPER FIT

- Similar to a new pair of shoes, a correctly fitted orthosis may seem uncomfortable at first. During the first few days, alternate times in and out of your AFO while noting any red or sore areas. As you build up tolerance, increase wearing time as advised by your physician or orthotist.

### FOLLOW-UP

- The orthotist will schedule a follow-up visit to make sure the AFO is working and to make sure you are wearing it correctly. A follow-up appointment should be arranged every six months.
- DO NOT attempt to repair the AFO yourself.

If you have any questions or concerns about your AFO, please contact your orthotist. Your health and comfort are important to us.

### WEARING SCHEDULE

Only increase the wearing time if you are able to wear it fairly comfortably.

You may experience some discomfort in other parts of the body such as in your knees, hip, back, and neck.

Your orthosis may need to be adjusted. For this reason, it is important to keep your scheduled follow-up appointment to maintain the optimum fit and function of your orthosis.

If a squeaking sound is detected from the orthosis rubbing in your shoe, a light dusting of talcum powder should remedy this noise.

To facilitate wearing of your orthosis, you must follow these instructions as closely as possible.

Your orthosis is a highly specialized device. As with any such device, the orthosis requires regular maintenance. It is very important that you see your orthotist at least every six months for a check-up and maintenance of your orthosis.

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