



# Orthopaedic Footwear

Information for patients

**Orthotics Department**

## Aim of the leaflet

This leaflet is for patients, carer's and families.  
It details information on how to use and care for your prescribed footwear, and how to contact us if you have a problem or require replacement.

## Orthopaedic footwear

You have been provided with orthotic footwear which has been designed to meet your individual needs. Your footwear, and insoles, aim to support and protect your feet by:

- Reducing the risk of skin breakdown.
- Distributing pressures evenly over your feet.
- Providing cushioning.
- Accommodating foot shape

## Wear Time

It is important that you wear your new footwear and insoles in gradually. The Orthotist will recommend a wearing in regime that best suits you.

## Wearing your footwear

You should always wear socks or stockings with your footwear. This helps to wick away moisture from your skin and reduce friction between your skin and the shoe.

When putting your footwear on:

- Check there are no foreign bodies (e.g. stones, coins) inside your Shoe.
- Ensure there are no wrinkles in your socks.
- Locate your heel securely against the back of your shoe.
- Fasten the laces/Velcro securely.

## Skin care

Each time you remove your footwear, **check your skin for any signs of rubbing or skin breakdown.** *This is especially important if you have poor sensation*

If you notice any redness on your skin which persists for longer than 30minutes after removing your footwear, contact the Orthotics Department for a review.

**There is always a risk that your footwear will rub and mark skin.**

## Caring for your footwear

It is your responsibility to ensure your footwear is kept in good repair.

### Leather

Excessive dirt should be scraped or brushed off with a soft bristle brush. Clean with a damp cloth, taking care not to soak the leather. Allow to air dry (**do not use direct heat**) before applying wax/polish to improve the waterproofing properties of the leather and keep it soft.

### Neoprene

Gently brush away dirt with a soft bristle brush. Neoprene can be gently washed down with water and a clean cloth. Do **NOT** soak/immerse in water. Allow to air dry (**do not use direct heat**).

## If your footwear becomes wet

Your shoes should be dried at room temperature. Newspaper stuffed into the front toe section will help shape retention. Never leave them in front of fires, on radiators or hot pipes, as heat can crack/ damage the uppers and shrink the rubber soles.

## Footwear repairs

The heels and soles of your shoes will wear with use. Repairs can be arranged with your local cobbler to maintain the safety and longevity of your footwear.

If your footwear has any heel or sole adaptations, it is advised to arrange repairs with the Orthotics department.

It is your responsibility to ensure these shoes are repaired as necessary. Your Orthotist will inform you if we can repair your shoes.

The footwear can be brought or sent into the orthotics department at either the SMART Centre, Astley Ainslie Hospital, or the Orthotics Office, St John's Hospital between 9am to 4pm with your name and address.

**Footwear should be clean when brought to the department for repair. Heavily soiled footwear will be returned for cleaning.**

## Review

If this is your first pair of Orthotic footwear, your Orthotist may arrange a review to discuss your progress.

*If you are an adult then your Orthotist will aim to provide two pairs of footwear in a useable condition at any one time. A second pair of footwear will only be provided once you and the Orthotist are happy with your first pair. A follow-up Appointment may be required to discuss this.*

If you require a appointment with your orthotic department, and have been seen in the past 2 years, you can contact them direct without a GP referral.

**If you experience any problems with your footwear, please contact your Orthotic department.**

**For a copy of this booklet in larger print, Braille, or your community language (Arabic, Bengali, Chinese, Urdu or Polish), please call 0131 536 9434.**

Orthotist Name:

The contact details for our departments are:

The Orthotics Department  
SMART Building  
Astley Ainslie Hospital  
133 Grange Loan  
Edinburgh  
EH9 2HL  
Tele: 0131 537 9418

St John's Hospital

Orthotics Office  
Ground Floor  
Howden Road West

Livingston

EH54 6PP  
Tele: 01506 522108