

Patient: \_\_\_\_\_ Date Delivered: \_\_\_\_\_

Items Delivered: \_\_\_\_\_

Practitioner: \_\_\_\_\_

## Tips for Wearing Your New AFO (Ankle Foot Orthosis)

**If this is your first AFO, you will need to wean into its use slowly to prevent skin irritations from occurring.**

- On Day 1 wear for: \_\_\_\_\_
- Add: \_\_\_\_\_ each day thereafter.
- Times given are only a guideline. If you have discomfort before you have reached the allotted time, you should remove the orthosis sooner and do not increase the daily time until you can do so without discomfort.
- You should be able to wear your AFO all day in about \_\_\_\_\_ week(s). If you continue to have discomfort, call our office. An adjustment may be needed.

**Always wear a sock/stocking between your skin and the orthosis.** Bare skin on the plastic will increase friction and may produce a blister.

**Always wear a shoe.** Never try to stand or walk in the AFO without a shoe on.

**Shoelaces or Velcro should be pulled tight.** This keeps your foot and the orthosis together. If the shoe is loose, unwanted movement can occur and cause your skin to rub and develop a sore. We do not recommend elastic shoelaces, as they are unable to hold the foot properly in the AFO.

**Inspect your skin each time you remove your AFO for at least the first two weeks.**

Thereafter, check your skin daily or anytime you have discomfort from the AFO. Check more frequently if you have decreased sensation in your feet. If you are unable to see your whole foot, including the heel, use a mirror or have someone help you.

**When removing your AFO, you may notice redness in different areas:**

- Redness in the areas of the straps is normal and should go away in about 30 minutes.
- If you notice redness over areas of bony prominences that last longer than 30 minutes, discontinue wear and call our office for adjustment.

**When you come in for adjustments, please wear your AFO for 30–60 minutes before your appointment time.** It is important that we are able to see the exact location of a problem area in order to fix it appropriately.

**We should check your AFO every 9 months to monitor its condition and fit.**

- If you lose or gain a significant amount of weight, your AFO may not fit or function properly and may cause irritations.
- Velcro straps will eventually wear out and need to be replaced.

**To clean your AFO:** Wash the plastic with a cloth and soapy water or rubbing alcohol.

*If you have any questions, problems, or concerns please call our office.*