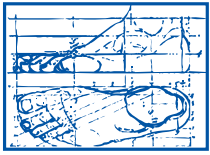


post-op care



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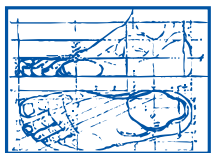
ORTHOTIC WEARING INSTRUCTIONS

Do not expect to be comfortable wearing your orthotic devices the first time. Like eyeglasses, you may be aware of them, but as the time passes they will not be uncomfortable and you will enjoy wearing them.

FOLLOW THESE INSTRUCTIONS! THERE IS NO RUSH. We cannot reverse in a few days what has taken years to acquire.

1. Wear your orthotic devices for not more than 1 hour the first day, at home, not more than 2 hours the second day, 3 hours the third day and so on. You may wear them as little as 10 - 15 minutes **ONLY IF COMFORTABLE**.
2. If at any time the orthotic devices become frankly uncomfortable before the maximum time for that particular day, stop wearing them.
3. On the next day, do not increase wearing time.
4. Subsequently, increase wearing time by 15 - 10 minutes **ONLY IF COMFORTABLE**.
5. Follow this routine until the orthotic can be worn in comfort for the whole day.
6. **NEVER ATTEMPT TO FORCE YOURSELF TO WEAR THE ORTHOTIC.**
7. Some patients occasionally report mild aches or discomfort in other parts of the body such as knees, hips or back after 3 to 4 hours of consecutive wear. If this is the case with you, do not extend your wearing time. Instead, cut it back by an hour or two. In all likelihood these symptoms will disappear in a short period of time as your body posture realigns itself and functions more efficiently.
8. It is possible that your orthotic devices may require some small change or adjustment to improve their function or make them more comfortable. Several adjustments may be necessary before complete comfort is obtained.
9. In women's shoes, it is not unusual for the heel to slip off, particularly if they are step-in shoes. If this is the case, try another pair of shoes, In most cases, slipping disappears as your foot function improves.
10. Squeaking of orthotic devices in the shoes is due to normal movement of the devices in

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normal function. To eliminate squeaking, dust baby powder into your shoes before inserting the devices.

11. It is important that you follow these instructions implicitly, or you will prolong the adjustment period or create problems which are easily avoided. It makes no difference if you are wearing your orthotic devices for only a few hours after several months, as long as you are wearing them comfortably for those few hours.