

Service:
Bristol Centre for Enablement

A guide to your orthotic footwear



Exceptional healthcare, personally delivered

Orthotic 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

Clean with a damp cloth, taking care not to soak the leather. Allow to air dry before applying wax/polish to improve the waterproofing properties of the leather and keep it soft.

Nubuk/Suede

Clean with a damp cloth. Once dry, apply a nubuck/suede spray.

Neoprene

Clean with a damp cloth when removing dirt or stains.

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 sole adaptations, it is advised to arrange repairs with the Orthotics department.

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 your footwear becomes uncomfortable, or any issues arise, **you should contact the department for review.**

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.

**PATIENT
APPROVED** 

Your Orthotist is:

If you have any queries or require a review,
please contact the Orthotics department at:



**Bristol Centre for Enablement
Highwood Pavilions
Jupiter Road
Patchway
BS34 5BW**



0300 300 0110



orthotics@nbt.nhs.uk



www.nbt.nhs.uk/orthotics

If you or the individual you are caring for need support reading
this leaflet please ask a member of staff for advice.

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