

AFO/KAFO Wear & Care Instruction

The device you have been fit with will require a gradual break-in schedule to allow your limb to get used to the brace. Start with a couple hours the first day. Increase the wear time by another couple hours the next day as tolerated until you are in full-time wear schedule. Following every use of your brace you should inspect our skin. Redness from pressure areas is expected and should dissipate in less than 20 minutes. If the redness does not disappear this can be a sign of excessive pressure. At anytime during brace where you experience itching, swelling or pain please discontinue use immediately and contact our office for an adjustment. Failure to address such issues could lead to blisters or sores. Patients with diabetes should inspect their limb more often.

We hope this brace increases your stability while ambulating and standing. Some braces require additional gait training with physical therapy. Please inquire about therapy resources if needed. There is no guarantee that a brace will resolve pain, comfort, or stability. Like any medical procedure. Result can vary. We do guarantee the best fitting brace possible and a warranty of 90 days.

Your AFO/KAFO should always be worn with a sock and a shoe. The shoe should fit snug with the brace. This helps control the foot. Never walk with the brace without using a shoe. If your shoe does not fit the brace then you need to buy appropriate shoes to accommodate the brace. Make sure you take your brace with you shoe shopping to ensure it fits. Excessive wear to the soles of your shoes can affect the function of your brace.

Your brace can be cleaned with a washcloth and mild soapy water. Saddle soap can be used on leather portions. Make sure all soap is removed and the brace is completely dry before wearing. To stop squeaky hinges, apply some dry lubricant such as Brace Ease, Teflon, Silicon spray, or PAM. All straps should be pulled snug but not too tight. Never attempt to modify your brace yourself. Your brace should be inspected daily for any signs of wear and call our office as needed.

A yearly check-up is recommended.

Signature: _____