



Step By Step Family Foot Care

DIVISION OF NEW JERSEY PODIATRIC PHYSICIANS & SURGEONS GROUP, LLC

Adult Orthotic Break-In & Care Instructions

Custom orthotics support your feet, improve alignment, and enhance comfort. Initially, they may feel “comfortably strange.” You will need time to adapt.

Wearing Schedule

- Day 1: Wear for 1 hour only.
- Add 1 additional hour each day.
- By 8 hours: wear comfortably all day.

* Monitor During Break-In

- Check feet every 2–4 hours (redness, blisters, bruising).
- Pain is NOT normal. Mild awareness is expected, but pain is not.
- If irritation occurs, stop use and call our office for modification.

* Cleaning & Care

- Spray with Lysol Disinfecting Spray and air dry 24 hours OR wipe with Lysol/Clorox disinfecting wipe.
- Do NOT put orthotics in washer or dishwasher.
- If squeaking: sprinkle baby/foot powder under orthotic.
- Remove shoe's insole for best fit (full-length devices).
- Orthotics should feel smooth and even inside the shoe — not lumpy, bumpy, or curling. If they are uneven and/or curling, contact our office at **973-917-3785** for modification.

* Tips for Success

- Wear orthotics with socks and supportive shoes.
- Follow the break-in schedule consistently.
- Monitor comfort and adjust as needed.

☒ **If you notice redness, irritation, bruising, or pain, contact our office for modification.**