



Step By Step Family Foot Care

DIVISION OF NEW JERSEY PODIATRIC PHYSICIANS & SURGEONS GROUP, LLC

Pediatric Orthotic Break-In & Care Instructions

Custom orthotics are designed to support your child's feet and improve comfort. At first, they may feel "comfortably strange." With time, your child will 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. Awareness is okay, pain is not.
- If irritation occurs, stop use and call our office.

* Cleaning & Care

- Spray with Lysol Disinfecting Spray and air dry for 24 hours, OR
- Wipe with a Lysol or Clorox disinfecting wipe.
- NEVER put orthotics in washer or dishwasher.
- If squeaking: sprinkle baby/foot powder under orthotic.
- Remove shoe's insole for best fit (full-length devices).
- Orthotic should feel smooth inside the shoe—not lumpy, bumpy, or curling. If it does, call our office for modification.

* Tips for Success

- Always wear with socks and supportive shoes.
- Stick to the break-in schedule consistently.
- Encourage your child to share how they feel.

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