

CARING FOR YOUR NEW DEVICE

Lower Extremity Braces/Orthoses

If you received an AFO or KAFO, you will need to build up your tolerance to wearing your device. Ask your practitioner for the protocol on breaking in your new orthosis.

The bottom of your AFO is very slippery and requires that **SHOES MUST ALWAYS BE WORN WITH YOUR AFO.** The shoes should be sturdy and have lace-up or Velcro closures. Slippers, sandals, high heels or slip-on loafers are not appropriate. The shoes should have a low heel, like an athletic or walking shoe. **Common Acronyms: AFO (Ankle Foot Orthosis) ; KAFO (Knee Ankle Foot Orthosis)**

Back Braces / Spinal Orthoses

In general, unless you have been prescribed the orthosis for nighttime wear specifically, you will wear the device when you are up sitting or standing. You typically do not have to wear the orthosis when you are laying flat in bed. However; each patient's needs are different, so be sure to follow your doctor's instructions.

Always wear an undershirt or T-shirt under your orthosis to absorb perspiration and protect your skin. Change into a dry undershirt as often as you need to during the day. A damp undershirt can cause skin irritation. (If you are in the hospital, you will most likely wear the orthosis over your hospital gown).

For Custom TLSOs: To position the orthosis properly, find the indentations on sides of the brace, and line these up with your waistline (the soft area between your lower ribs and your pelvis). Next, close the Velcro straps starting with the one at your waist area. This will secure the orthosis while you tighten the other straps. The orthosis must be worn quite snugly to work properly. You may find this a little disconcerting at first but this will pass. **Common Acronyms: LSO (Lumbar Sacral Orthosis) ; TLSO (Thoracic Lumbar Sacral Orthosis)**

Prosthetics

In most cases you will be provided two liners for your lower limb prosthesis. Rotate your liner daily. Wash and dry each liner after each use. You may wash your liner with mild soap (no perfumes) and water. We recommend plain Ivory soap. Absorb any excess water with a towel and allow to air dry with the fabric side out until next use. Be sure to completely rinse all soap from your liner, and ensure they are completely dry before the next use. You may launder any socks you've received. The liner and socks are the only items on your prosthesis that you can completely saturate. Do not place any other component on your prosthesis in liquid of any kind. You may clean the socket with rubbing alcohol. Do not pour the rubbing alcohol into the socket. Place the alcohol onto a rag, then wipe the socket clean. You may also do this to your prosthetic foot. Allow to dry completely before use. Once monthly, spray liners and socket with a 50/50 alcohol-water solution to kill any bacteria. Allow liner and socket to completely dry before using. Do not use any chemicals on your prosthesis, as they may cause damage or skin irritation.

Add or remove socks to accommodate swelling needs. Be sure the sock is clean. Check liners, sheaths and socks for holes once weekly. Contact us if you see any holes or snags. Keep socket and skin dry to avoid irritation. If any redness occurs and does not go away after 20 minutes of removing the limb, or if irritation occurs, contact our office immediately. As you gain and lose volume throughout the day, it is imperative for you to add or remove socks to ensure proper fit of your prosthesis. If socks are not properly applied, your prosthesis may slip off. If you are unclear on proper donning and doffing of socks, please contact us for further information.

General Care Instructions – Prosthetics Included

Examine the skin in contact with the device daily. Your device may cause some redness but it should disappear within 20 minutes after removing the device. If the redness does not lighten or if you see signs of a problem such as, bruising, blisters or calluses, please call for an appointment to have this checked. If you are diabetic or have poor sensation, you are at more of a risk of skin breakdown. It is extremely important that you examine your skin often for these problem signs. If you notice a problem-area, contact us immediately for an appointment.

Follow the wear and break-in instructions provided by your orthotist/prosthetist. All devices have a break-in period. If you are unsure of your proper wear instructions, please contact our office.

You may clean your device with rubbing alcohol OR use a damp cloth with a small amount of liquid soap (no perfumes). Rinse with a damp cloth and dry the device well with a dry towel. **DO NOT MACHINE WASH OR SATURATE YOUR DEVICE.** Saturating your device could cause mold or mildew, bacterial growth and/or rust. Do not put your device in a dryer, towel and air dry only. DO NOT use any chemicals on your device as they may cause damage. Never use a hair dryer to dry your device as the heat will cause damage. Any straps may be cleaned using soap and a soft scrub brush (an old toothbrush works well). Rinse and dry as directed above.

Check your device weekly for loose or missing screws or rivets and for signs of damage, such as cracks. If you have a Velcro strap, it may need to be replaced approximately once a year. Check your straps weekly for secure closure. If you notice a problem, contact us immediately.

Excessive heat may damage your device. Do not leave it in hot places such as near a furnace or fireplace, or in your car or place it in a dryer.

It may be necessary to have several adjustments done to make your device feel comfortable. It is important that you contact us with your concerns, or if the device is causing pain. We do not charge for office visits or adjustments. You will only be charged if a repair is required outside of the warranty timeframe.

If you were provided a prefabricated (non-custom) device, and were given a hand-out on the device, please use the instruction and care guidelines that were provided with your device.

Report all changes in medical condition immediately to your physician. Contact us if you experience any pain, redness, skin irritation or any other concerns that relate to your device. 1-800-745-3295