



722 N. White Station Rd. Memphis, TN. 38122  
(901) 763-6999 call/text eFax (901) 682-9062  
SpearsPandO.com

## Thank you for choosing Spears Prosthetics & Orthotics

It may be necessary for you to follow a wearing schedule and perform visual skin checks to ensure the device you have been provided is fitting appropriately. Although your practitioner recommends that you follow the wearing schedule listed below, if at any time you feel that your device is not fitting correctly, discontinue use of the device and contact Spears Prosthetics & Orthotics.

**Wearing Schedule:** Wear the device up to the duration listed in the wearing schedule, followed by a visual skin check. Remove the device and repeat the same duration for up to three times per day, if there are no areas of concern. After you have successfully completed the gradual wearing schedule for 7-10 days, you may use the device full time during the day. Do not sleep with the device on unless specifically instructed to do so by your practitioner.

**Visual Skin Check:** Remove the device and any sock or undersleeve. Look at all areas of your skin that the device encompasses. Use a mirror if necessary to look at the bottom of your foot (if applicable.) If redness, pain or swelling develops, please discontinue use immediately and contact Spears Prosthetics & Orthotics - failure to do so could lead to open sores, infection, or other complications.

- DAY 1: wear device for \_\_\_\_\_ hours, then perform a visual skin check.
- DAY 2: wear device for \_\_\_\_\_ hours, then perform a visual skin check.
- DAY 3: wear device for \_\_\_\_\_ hours, then perform a visual skin check.
- DAY 4: wear device for \_\_\_\_\_ hours, then perform a visual skin check.
- DAY 5: wear device for \_\_\_\_\_ hours, then perform a visual skin check.
- DAY 6: wear device for \_\_\_\_\_ hours, then perform a visual skin check.
- DAY 7: wear device for \_\_\_\_\_ hours, then perform a visual skin check.

If you complete the 7 day wearing schedule and device is fitting appropriately, you may wear the device for longer durations before performing visual skin checks. It is recommended that you always perform visual skin checks after removing the device at the end of the day.

Inspect your device daily for any signs of damage or wear, such as cracking or loose parts. A yearly re-check is advised

Signed \_\_\_\_\_

Date \_\_\_\_\_