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## **Wear & Care Guide**

Your ankle foot orthosis (INOVA O&P) has been custom-designed and handcrafted to meet your unique ankle and foot needs. By following a few simple guidelines, you can extend the life of your AFO and ensure that it continues to provide effective therapy for years to come.

### **Initial Wear**

- It may take a brief period of time before the AFO feels natural.
- A proper fitting AFO exerts a firm, steady pressure against the skin.
- After 1-2 hours of initial wear, remove your sock and AFO and inspect the skin for any redness. If redness persists after 30 minutes, continue to monitor as an area of concern.
- Contact your healthcare provider immediately if any of the following occur: sharp or stabbing pain, prolonged swelling bruises, calluses or blisters.

### **Cleaning and Care**

- Any skin covered by the orthosis, including the bottom of the foot and between the toes, should be washed daily with mild soap and lather.
- Your AFO may be hand washed with mild soap and water or placed in a washing machine on a cold/gentle cycle. Once washed, air dry only.
- Worn, cracked or broken portions of your orthosis should be assessed by your healthcare provider and repaired as soon as possible.