

Device Guide

Diabetic Shoe

PURPOSE

The diabetic shoe is designed to help protect a patient's foot from breakdown. It is a wider than a normal shoe, with a high toe box and inserts specifically chosen by your practitioner based on the anatomy of your foot. Even though this shoe is designed to protect your foot, you must take precautions and monitor your foot closely.

DONNING INSTRUCTIONS

1. Always be sure that the inside of the shoe is clean, dry and free from foreign objects.
2. We recommend wearing socks with your shoes, not nylons. Socks absorb perspiration and act as a barrier to reduce friction.
3. The laces should be pulled snug to insure that the foot and shoe are moving in unison.
4. You must be sure to always wear the shoe properly and to monitor the condition of your skin. Visually inspect your feet every day for blisters, cuts and scratches. If you are visually impaired make sure you have someone help you.

BREAK-IN SCHEDULE

It is important that you gradually increase the amount of time you wear your shoes. Every time you take the shoe off you should thoroughly inspect your foot for red marks or indentations. Below is our recommended schedule.

- Day 1:** 1 hour on and 1 hour off, all day
- Day 2:** 2 hours on and 1 hour off, all day
- Day 3:** 3 hours on and 1 hour off, all day
- Day 4:** 4 hours on and 1 hour off, all day
- Day 5:** 5 hours on and 1 hour off all day
- Day 6:** you can wear the shoes all day as long as you are not having any problems with the shoes

CLEANING INSTRUCTIONS

- The outside of the shoe should be maintained like any other shoe. You can clean the outside with polish, saddle, mild soap or water.

PRECAUTIONS

- It is important to monitor your skin, if sensation is an issue the shoe could be rubbing your foot without you being aware of it.
 - Call immediately if you see red marks that don't go away.
- **Note: Do not let any red marks turn into a blister!**

MAINTENANCE

- After you have had the shoes for several months, check to see if they are wearing evenly. Look at the soles of the shoes. Uneven wear may indicate a potential problem, call your physician, podiatrist, or orthotist for a checkup.

DON'T HESITATE TO CONTACT US

If you have a change in your condition or if you experience significant weight gain or loss, it is important to have your shoes reassessed. Lawall takes great pride in our continuing care program. Seeing our patients for regular follow-up visits helps to avoid problems before they become major issues. Don't hesitate to call or make an appointment if you have any questions. 1-800-735-4627