

Diabetic Shoes & Inserts

Dear Patient:

You are receiving diabetic shoes and/or inserts today. We have listed the wear and care guidelines below. You should follow these guidelines and contact us immediately if you have any questions or concerns regarding them.

1. **Today**, you should visually inspect your skin **ONE HOUR** after putting on your new shoes and/or inserts. You should check for:

BLISTERS
SORES
RED SPOTS
SIGNS OF IRRITATION

If you cannot easily see your whole foot, use a mirror, or ask a spouse or caregiver to help you. If you see ANY problems of ANY kind, discontinue use of your shoes and/or inserts and contact our office immediately for an adjustment appointment.

- 2.** For the first eight hours that you wear your new shoes and/or inserts, you should visually inspect your feet **EVERY TWO HOURS**.
- 3.** After your first eight hours, you should inspect your feet **EVERY FOUR HOURS** of wear time.
- 4.** After two days, if you have no issues, you should inspect your feet and toes **TWICE DAILY**.
- 5.** You will need to check inside of your shoes for debris.
- 6.** You will need to wear appropriate socks with no holes or wrinkles in them.
- 7.** If you are a Medicare patient, you are entitled to one pair of shoes and three pair of inserts per year. You should change your inserts every four months.
- 8.** You must change your socks daily and they must be kept clean and dry. If you sweat through your socks, change them immediately.
- 9.** If your feet are dry, check with your physician about a lotion or a cream to help you with this condition.
- 10.** If you are being seen by a wound care clinic, follow ALL of your wound care guidelines.
- 11.** Your shoes should be cleaned regularly, but DO NOT immerse your new shoes and/or inserts in water. We suggest wiping them down with a clean, damp cloth. DO NOT wear your shoes and/or inserts while they are wet.
- 12.** NEVER put these shoes in a washing machine.