

Guidelines For Users of Over the Counter Orthoses

This leaflet applies to individuals who have invested in orthoses purchased over the counter at one of the Head and Short Chiropody Clinics.

The purpose of the leaflet is to give general advice on how to wear your orthoses, how to look after your orthoses, what to do if you are dissatisfied with your orthoses and who to contact if you have any concerns.

Wearing in Period

Allow yourself time to get used to the new orthoses. Wear the orthoses gradually. Start with half an hour on the first day, an hour on the second day and so on.

If you experience any pain or discomfort cease wearing them and consult one of our HPC Registered Podiatrists.

Cleaning

Clean your orthoses regularly. Wipe with a warm damp sponge. Do not soak the orthoses.

Review

If you are concerned your orthoses are not helping you it is important you seek professional advice. Do not ignore your symptoms any longer and make an appointment with one of our Podiatrists. If you feel there maybe a problem please contact one of our surgeries in person. Please bring your receipt to this appointment.

If you have any concerns at any stage of wearing your over the counter orthoses please contact one of our surgeries and make an appointment to see one of our Podiatrists

Thank you.

