**Foot Orthoses Instructions**

You have just received your new Arch Supports aka Orthotics.

When you begin using your Orthotics they may feel strange or even uncomfortable. This is normal. Follow the “break-in” procedure described below.

Appropriate footwear is essential to the success of your new Arch Supports. Achilles recommends the use of a brand name leather walking shoe, such as Nike, New Balance, Reebok, Rockport, S.A.S., etc. with your orthotics. A shoe with a removable insole is also beneficial.

If the Arch Supports are uncomfortable remove them from your shoes. An “IN for a while and OUT for a while” while increasing time worn each day as tolerated routine for 3-4 weeks will most likely alleviate the discomfort. Sometimes it will take a little longer.

DO NOT wear your Orthotics during any sport/athletic activity until the “break-in” period is completed. Please resist the temptation to overly accelerate the “break-in” period because your Orthotics “feel sooo good!” Too much too soon can cause other foot problems.

If discomfort persists beyond 30 days call for an appointment to have your Arch Supports evaluated and possibly adjusted.

**HOW TO CLEAN YOUR ARCH SUPPORTS**

Use a soft bristle brush and a mild soap. Rinse with clean water and pat dry with a towel. Do not put your Arch Supports in the washing machine, dryer or dishwasher. Do not attempt to dry your supports in any type of oven, use a hair dryer or place near a heater as this can damage them. KEEP YOUR PLASTER FOOT MOLDS!!!

Your plaster foot molds still have a lot of moisture in them. Wrap each mold individually with newspaper. Put them in a shoe box or paper bag & place in your closet for storage. This will help dry out the molds & protect them from damage for future use.