

## Care and Use Guide

### AFO, KAFO

- You have been fit with an Ankle Foot Orthosis (AFO) or Knee Ankle Foot Orthosis (KAFO).
- Unless otherwise directed, please give yourself a gradual break in schedule to allow your body to get used to the device.
  - Start with an hour today.
  - Increase an additional hour per day as tolerated.
- Following use, remove your orthosis and inspect your skin.
  - There may be some skin redness from pressure areas.
  - Redness should not persist for more than 25 minutes after removal.
  - Redness that does not disappear can be a sign of excess pressure.
- Discontinue use if any sign of numbness, tingling, color change, excessive itching, swelling, or pain develops.
- Please contact our office for adjustments and do not reapply orthosis. Failure to do so could lead to blisters or open sores.
- Your (K)AFO should always be worn with a sock [and shoe].
  - The sock must extend past the top of the orthosis.
  - This will help prevent rubbing and absorb perspiration.
  - Low heeled, lace up shoes, such as walking shoes or sneakers, are ideal.
  - The shoe should fit snugly with the orthosis, not allowing the foot to slip inside of it.
- Never walk on the orthosis without a shoe on.
  - This could cause you to slip and fall or break the orthosis.
- If you have questions regarding the appropriateness of a pair of shoes, please check with us.
- If the hinges start to squeak, feel free to apply some dry lubricant such as Brace Ease™, Teflon™, PAM™, or silicone spray.
- All straps should be snug, but not tight.
- Your orthosis can be cleaned with a washcloth and mild, soapy water.
- Make certain all soap residue is removed, and the orthosis is completely dry before reapplying.
- Make sure you are comfortable with how to properly put on and take off your orthosis.
  - Never attempt to modify your orthosis yourself.
- Please inspect your orthosis daily for any signs of wear including cracking, loose parts, or decreased effectiveness of the device and call the office as needed.
- Excessive wear to the soles of your shoes can adversely affect brace function.
- A yearly checkup is recommended.

