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Shoe Care and Wear Instructions

Extra Depth Footwear

General Description:

Extra depth footwear is an important part of diabetic treatment. It is especially important if you have loss of sensation or peripheral neuropathy. Correct fit and the correct type of footwear are crucial to prevent or reduce calluses and diabetic ulcers, and to prevent amputations.

People who suffer from peripheral neuropathy may fit themselves too narrow or too short because of loss of protective sensation. This makes it very important to be fit for your shoes by a pedorthist who is trained to fit you properly.

Extra depth footwear is designed to relieve areas that cause excessive pressure such as hammertoes, bunions, and extreme foot shapes. They are able to accommodate, stabilize and support deformities. They have seamless and deeper toe boxes as well as different lasts or shapes to fit different shapes of feet. Because of their adjustability, they are available in many sizes and widths in order to achieve a proper fit.

For feet that cannot be fit in off the shelf shoes, custom fabricated shoes can be ordered that are made from a mold of your feet.

Wearing Schedule:

Day One: Shoes should be worn for 1 to 2 hours twice a day. Check skin after use. Some small, light red marks may be noticed on the skin that should go away in 20 to 30 minutes after removing the shoes. If redness is present and does not go away after 20 to 30 minutes or if you notice any scratching, bruising, or blistering, **do not put the shoes back on.** Call immediately to schedule an appointment with your orthotist.

Day Two: Shoes should be worn for 2 to 3 hours twice a day. Check skin after use. Some small, light red marks may be noticed on the skin that should go away in 20 to 30 minutes after removing the shoes. If redness is present and does not go away after 20 to 30 minutes or if you notice any scratching, bruising, or blistering, **do not put the shoes back on.** Call immediately to schedule an appointment with your orthotist.



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Day Three: Shoes should be worn for 3 to 4 hours twice a day. Check skin after use. Some small, light red marks may be noticed on the skin that should go away in 20 to 30 minutes after removing the shoes. If redness is present and does not go away after 20 to 30 minutes or if you notice any scratching, bruising, or blistering, **do not put the shoes back on.** Call immediately to schedule an appointment with your orthotist.

*Inserts that come with the shoes should be replaced every 4 months due to loss of protection, as the inserts will bottom out. When replacing inserts be sure to put the correct inserts in the correct shoe. Look on bottom of insert for indication of left or right.

Cleaning and Maintenance:

Shoes and inserts can be cleaned by wiping them with a damp towel and antibacterial soap, or anti-bacterial moist towelettes.

Risks and Benefits:

BENEFITS

- Accommodates foot deformities
- Supports diabetic foot
- Reduce pain
- Distributes plantar surface pressure evenly

RISKS

- May cause skin breakdown such as scratching, bruising, or blistering, which can cause serious complications if skin is not checked regularly or if device is not applied as directed

Tips and Problem Solving:

To avoid irritation to the foot, extra depth footwear should be worn with seamless socks that do not have an elastic band at the top. White socks are preferred so that if any discharge should occur, indicating a sore, it will be seen on the socks.

Powell is committed to working with your physician to minimize diabetic foot complications and helping to maintain your feet in their best possible condition. If you have any problems or questions, please contact your pedorthist.

If there are any problems or questions with the Shoes, please contact the pedorthist.