



Western Trust Orthotics Department - Insoles Advice

General Advice

- Follow your “wearing in schedule” detailed below
- Wear as instructed by your orthotist
- Check your footwear to make sure there are no grit/ stones/ pins/ loose objects inside your footwear each time you put them on.
- Don't attempt to repair or modify your insoles, please return to Orthotic clinic if your insoles are hurting
- Clean insoles with a damp cloth and dry
- Do not subject your insoles to extremes of hot/cold
- Wear socks with your insoles to minimise likelihood of rubbing

“Wearing in Schedule”

Your new insoles may take time to get used to. It is important to follow the “wearing in schedule” below to allow the wearer to become accustomed to the sensation of the new insoles. Each insole will feel different to the wearer. It can be normal for the wearer to feel one insole more comfortable than the other to wear at first.

Day	Length of time worn (mins/hours)
1	30 minutes – 1 hour
2 – 3	1-2 hours
4- 7	2-6 hours
8- 10	6-8 hours
10 +	Gradually increase until all day

- Do not use the insoles for sport or exercise until you have completed the “wearing in schedule”.
- Check your skin for pressure and rubbing. Please contact the department to make a review appointment if you experience skin redness that doesn't fade after 30-45 minutes or the occurrence of sores/blisters. Discontinue use of the insoles should this happen.
- Take particular caution if your sensation is any way altered due to Diabetes or Neuropathy.

What happens next?

Your Orthotist may request that you return for a review appointment to review the provision of new insoles after 6 to 8 weeks. Replacements are only issued when insoles are worn out, your orthotist will advise you of the expected lifespan of your insoles. You may be offered a second pair to facilitate repair/recover of your insoles. Please contact the department if you require replacements on the numbers below.

If you have any further queries, please contact:

	Altnagelvin Hospital	Omagh Hospital and Primary Care Complex	South West Acute Hospital
Appointments Orthotics Partial Bookings	(028) 71 296192	(028) 82 833666	(028) 82 833666
Collections and additional information Appliance Office	(028) 71 611147	(028) 82 833193	(028) 66 382057