

TAKING CARE OF YOUR NEW CUSTOM AFO/KAFO

Your new AFO/KAFO (ankle-foot-orthosis/knee-ankle-foot orthosis) has been designed and fabricated for you alone. It is truly “one-of-a-kind” and deserves special attention and care....just like you do!

Your AFO/KAFO is constructed from a combination of high quality materials and each requires slightly different care.

» Plastic Shell

Requires periodic cleaning with a mild soap and warm water solution and clean wash cloth. Avoid heavy abrasive scrubbing pads or aggressive cleaners. Regularly look and feel for sharp plastic edges which may dig into the skin. If found, mark area with a pen or “Sharpie” style marker and bring your AFO/KAFO in to be adjusted.

» Liner

Clean often with rubbing alcohol and a soft cloth. This will dry quickly and will disinfect the surfaces contacting your body.

» Velcro straps

Inspect often for wear. If a strap breaks, frays or loses “stickiness”, bring your AFO/KAFO in for replacement straps. AFO/KAFO should NOT be worn with broken straps or straps that don’t adhere well.

» Chafes or D-rings

Clean as needed with warm soap and water. If chafe or D-ring is missing, it should be replaced immediately.

» Rivets

Clean as needed with warm soap and water. If chafe or D-ring is missing, it should be replaced immediately.

» Joint at the knee or ankle

Clean as needed with warm soap and water. If chafe or D-ring is missing, it should be replaced immediately.

DONNING, DOFFING AND SKIN CARE

» Closely follow the wear schedule given by your practitioner and/or physician. Be sure you know if you should wear your AFO/KAFO at night.

» Bathe daily.

» Wear snug-fitting socks, made of a “breathable” material, under your orthoses.

» Wear your AFO/KAFO as tightly as possible. A loose fit may lead to skin breakdown.

» Pay close attention to red or pink areas of the skin where orthotic pressure may be high. Skin should return to a “normal” color with 20 minutes of removing your AFO/KAFO.

» Any skin breakdown resulting in a blister or open sore should be reported to your practitioner immediately and the AFO/KAFO not worn again until you are instructed to do so. These red marks can become problematic. It is not only imperative that patients check their feet, ankles and legs daily; but several times per day during the first two weeks of brace wear.

Our goal is to provide you with a quality device requiring little or no maintenance or repair but simple fit adjustments are not uncommon for a custom device.

Thank you for the confidence you have placed in us by allowing us to fabricate this device for you or your loved one. We value that trust and will work hard to keep it. If you have any problems associated with this device, please contact our office immediately so we can address your concerns.

BUSINESS HOURS: MONDAY THROUGH THURSDAY 7:30 a.m. - 6:30 p.m.

PLEASE CALL FOR APPOINTMENT

Recommended Wearing Schedule: _____ Consult prescribing physician _____ As Follows: _____
