

## **TAKING CARE OF MY NEW SHOES**

### **SHOE & INSERT BREAK-IN PERIOD**

- Before wearing outside, you should first wear your new footwear and inserts for 1-2 hours in your home, preferably on carpeted surfaces.
- Remove your shoes and socks and inspect your feet for any redness.
- If redness persists, consult with your shoe fitting and/or health care professional.
- If no redness appears, and your shoes feel comfortable, wear your shoes around your home for one to two days while continuing to periodically check your feet for any redness or uncomfortable rubbing.
- Once you confirm that your shoes feel comfortable and that you are not having any problems, they are ready to be worn full time.

### **CLEANING & POLISHING LEATHER SHOES**

- Leather shoes should be regularly cleaned and polished to maintain the appearance and life of the leather.
- Before polishing, remove any dust or dirt with a damp cloth or soft brush.
- Cream based polish is recommended over a liquid based polish.
- Simply apply the shoe polish with a clean dry cloth or soft brush and work it into the leather.
- After allowing the polish to dry, brush to finish with a soft brush and/or buffing cloth
- Be sure to follow the shoe polish manufacturer's directions.
- Never machine wash your shoes as this will cause damage.

### **CLEANING & CARING FOR NUBUCK/SUEDE SHOES**

- Do not use shoe polish on Nubuck or suede shoes.
- Do not machine wash, or submerge your Nubuck or Suede shoes in water as this will cause damage.
- Remove any dust or dirt with a soft suede brush or cloth.
- If you choose to use a commercially available spray to clean or protect your Nubuck or Suede shoes, be sure to follow the manufacturer's directions.

### **CLEANING & CARING FOR STRETCH OR LYCRA SHOES**

- Do not use shoe polish on your stretch or lycra shoes.
  - Do not machine wash, or submerge your stretch or lycra shoes in water as this will cause damage.
  - Remove any dust or dirt with a soft cloth dampened with a small amount of well diluted mild soap and water;  
or use a gentle baby wipe.
  - Allow to dry naturally.
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