



## Diabetic Footwear Care and Use Guide

Extra depth footwear is an important part of diabetic treatment. It is especially important if you have loss of sensation or peripheral neuropathy where correct fit and the correct type of footwear are crucial in preventing or reducing calluses, diabetic ulcers, and possible amputation. 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 shoes by a pedorthist/orthotist that is properly trained.

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.

### Application:

- 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 easily seen on the socks.

### Wearing Schedule:

- Gradually increase your wearing time during the first several days. On the first day, only wear your shoes 1-2 hours. The average break-in period is 7-10 days. If you do not experience any problems, increase your wear time by 1-2 hours daily until you've reached a full day of wearing your shoes.

### Skin Maintenance:

- **Check your skin** frequently, especially if you have reduced sensation. Some redness is common and should disappear within 20-30 minutes. Should any pressure spots, rash or other skin irritation last for longer than 30 minutes, remove your shoes and contact your practitioner immediately.

### Shoe Care:

- The shoes can be cleaned with a damp cloth and a mild soap. You can also spray the inside of the shoes with rubbing alcohol and let dry to disinfect. Polishing your shoes regularly is also recommended.
- It is recommended to have your shoes inspected by your practitioner occasionally for damage or wear and tear.

If at any time you have questions or concerns, please contact your pedorthist/orthotist.