



## KAFO Care and Use Guide

You have just received your new orthosis which was designed and custom made especially for you. Please refer to the following instructions for the care and use of your new brace.

### Application:

- Your KAFO should always be worn with socks and shoes and wearing comfortable clothing under the brace will help protect your skin and wick perspiration away.
- A comfortable gym or orthopedic shoe is recommended to wear with the brace for accommodation of the added dimension of the brace in the shoe.
- Place your leg inside the brace and snug up all Velcro or leather straps. Slip your foot into your shoe and lace.

### Wearing Schedule:

- **Day one** – wear the orthosis for only 1 hour. Remove your brace and **check your skin** for redness. If there is any redness that does not go away after 20-30 minutes or if you notice any scratching, bruising or blistering, do not put the brace back on. Contact your orthotist immediately.
- If the skin looks good, wait at least an hour and then put your orthosis back on for 1 hour, **check your skin**. Repeat this process for the rest of the day if there are no signs of skin issues.
- **Day two** – Wear the orthosis for 2 hours. Remove your brace and **check your skin** for redness. Wear the brace for 2 hours and **check your skin**, repeating this process for the rest of the day if there are no skin issues.
- Increase your wear time by 1 hour each day, **checking your skin** frequently.

### Skin Maintenance:

- It will be necessary for you to **check your skin** frequently while wearing your KAFO. Diabetics and those with lessened sensation are especially vulnerable to skin irritation, particularly in bony areas such as the shin or on the bottoms of the feet. Extra care should be taken, and even minor skin irritations should be treated promptly.

### Orthosis Care:

- Your KAFO should be cleaned regularly with alcohol spray or mild soap and water. For best results, use a damp cloth; do not soak the KAFO in water and towel or air dry.

If at any time your orthosis becomes cracked or broken, see your orthotist for repairs or replacement.

Contact your orthotist with any questions or concerns.