

## Use, Care, and Maintenance of New DMEPOS Item(s)

### DEVICES PRESCRIBED

<input type="checkbox"/> Prefabricated Ankle Gauntlet (L1902) <input type="checkbox"/> Prefabricated Multiligamentous Ankle Brace (L1906) <input type="checkbox"/> Prefabricated Drop Foot Brace (L1930) <input type="checkbox"/> Prefabricated AFO, Rigid Anterior Tibial Section (L1932) <input type="checkbox"/> Prefabricated AFO Spiral, Plastic or Other material, (L1951) <input type="checkbox"/> Prefabricated AFO with Ankle Joint (L1971) <input type="checkbox"/> Prefabricated Soft Tibial Fracture Orthosis (L2112) <input type="checkbox"/> Prefabricated Semi-Rigid Tibial Fracture Orthosis (L2114) <input type="checkbox"/> Prefabricated Rigid Tibial Fracture Orthosis (L2116) <input type="checkbox"/> Prefabricated Ankle Stirrup Brace (L4350) <input type="checkbox"/> Prefabricated Walker Boot-Pneumatic (L4360) <input type="checkbox"/> Prefabricated Walker Boot-Non-Pneumatic (L4386) <input type="checkbox"/> Prefabricated Night Splint (L4396) <input type="checkbox"/> Prefab Drop Foot Splint, Recumbent Positioning Device (L4398) <input type="checkbox"/> Other: _____	<input type="checkbox"/> Prefabricated Healing Shoe (L3260) <input type="checkbox"/> Prefabricated Removable Heel Lifts (L3332) <input type="checkbox"/> Prefabricated Removable insert (L3060, L3040) <input type="checkbox"/> Prefabricated Carbon Foot Plate (L3031) <input type="checkbox"/> <b>Prefabricated AFO with Ankle Joint: Zero-G (L1971, L2220 X2, L2265)</b> <input type="checkbox"/> Custom Ankle Foot Orthosis (L1904, L1990, L1980, L1970, L1960, L1940, _____, et al) <input type="checkbox"/> Custom Foot Orthoses (L3000, L3020, L3010, L3002) <input type="checkbox"/> Custom Toe Filler w/ longitudinal arch support (L5000)  <input type="checkbox"/> Off the Shelf Diabetic Shoes (A5500) <input type="checkbox"/> Custom Diabetic Shoes (A5501) <input type="checkbox"/> Customized Diabetic Inserts (with heat gun) (A5512) <input type="checkbox"/> Custom Diabetic Foot Orthoses (A5513) <input type="checkbox"/> Shoe Modifications ( _____ )
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### GENERAL INFORMATION

√ Your personal skin hygiene is an important part of the care of your DMEPOS devices. Unless instructed otherwise by your doctor, wash your feet and ankles daily with warm water and mild soap and be sure to completely rinse all soap away and allow your feet and ankles to dry completely.

√ Although it will probably take two or three days for you to become used to the way your new device(s) feel, after that time you should be comfortable and have some or total relief from your foot problem(s). If not, discontinue use and return to this facility for further evaluation. An adjustment may be needed to improve your device's function. Please call first so that we may be prepared for your visit.

√ When you put on (don) the device, ensure that your heel is seated into the heel support of the device and it is properly aligned on the portions of your foot/ankle that it is intended to support. Securely close any straps or laces so that the device fits snugly, but comfortably on your foot/ankle. If the device goes into a shoe, use a shoehorn when putting on the shoe.

For pneumatic walkers, deflate all bladders before donning by following the manufacturer's instructions. After device is donned, close all flaps and secure all straps. Inflate (but do not over inflate) bladders in the order suggested by the manufacturer until:  snug and comfortable or  \_\_\_\_\_

Other: \_\_\_\_\_

### ROUTINE FOLLOW UP

√ Please make a follow up appointment for \_\_\_\_\_ weeks from today so we can check on your progress. If you discover issues noted on the reverse side of this document, then please follow up sooner. Thank you.

### WARRANTY/RETURNS

√ All devices eventually wear out through normal wear and tear. The products you received have a 1 month manufacturer's warranty against defects in materials and workmanship, assuming normal wear and tear (see product manual if applicable). We will repair or replace, free of charge, devices that are under warranty. For issues of initial fit, please return within 7 days to our office so that we can address concerns of the initial fit of the device.

This device can be returned within \_\_\_\_\_ days  for any reason  so long as it is not worn or damaged, and with original packaging/box.

Due to the medical nature of this device, it cannot be returned, unless defective and under warranty (see above).

## **WEAR/BREAK IN**

You should wear this device for \_\_\_\_\_ days (Notes: \_\_\_\_\_)

- continuously    whenever walking    during rigorous activity    while sleeping/laying in bed
- This device does not need a break-in    You should allow your body to adjust to this device by wearing it one hour the first day, two hours the second day, etc., adding one hour to your wearing time each day until you have reached a full day.

You should wear this device:

- against your skin    over a clean, dry, smooth sock (□ that is taller than the device/stockinette)
- instead of a shoe    in conjunction with a stable shoe with adequate depth (i.e. athletic, walking, boot)  
(Check here if original insole is to be removed □)
- This device assumes a regular heel height. Please wear shoes of normal heel height with this device.
- √ For the first two weeks of wear: at least three or four times per day, remove your device(s) to examine your feet and your device(s). Check for anything that looks different or out of the ordinary that may result in injury. Look for swelling, redness, calluses, cuts, scratches, blisters, or “hot spots”. Please call our office immediately if you notice these issues and make an appointment to come in. Please do not try to adjust the device yourself.
- √ Inspect your feet daily. If you find anything out of the ordinary or have pain or bleeding, discontinue use immediately. Come in so that we may determine the cause and improve the function of your device(s). If you are unable to examine your own feet or device(s), get someone else to look at them for you, or use a mirror.
- For non-custom diabetic shoes, please perform the break-in period in your home, on carpet. Once you have verified that the shoes feel good and do not cause any rubbing of your skin, you may wear them outside. If you have any redness, issues, or concerns, please stop wearing the shoes immediately and call our office.

## **CARE**

- √ Avoid excessive heat for this device. Avoid harsh chemicals or cleaning solvents.
- Plastic materials: should be towel-washed with mild antibacterial soap and warm water (not hot water). Do not immerse the device into water, especially if it has leather, fabric or metal components. Allow to air dry. You can also clean/disinfect by spraying with isopropyl (rubbing) alcohol and wiping dry with a towel.
- Leather materials: use a saddle soap or leather cleaner and follow the instructions on the can/jar. A high-quality paste polish can be used to restore color and shine to leather on footwear.
- Fabric or foam components can be spot cleaned with:  a wet towel and mild detergent or  50/50 mix of water and isopropyl (rubbing) alcohol.
- Removable foam liners can be washed in cold water by hand with a mild detergent and allowed to drip dry.
- Other: \_\_\_\_\_.

## **MAINTENANCE**

- Try to keep Velcro or other hook-and-loop straps free of hair and lint. Worn out straps can be replaced for a fee.
- For items with metal joints, keep the joints lubricated with \_\_\_\_\_.
- Inspect the pads, straps, laces and accessories on the device weekly, and report any issues to our office.
- √ Your device will require periodic maintenance, which may include repairing normal wear-and-tear as well as updating your device to keep current with your requirements. It is important for you to continue to examine your feet and device(s) as long as you own the device(s). Please call us and make an appointment for regular follow-up visits.