

Orthotics

Patient Information about Surgical Footwear

Introduction

Surgical footwear has been prescribed for your child and it is intended for your child's use only. Surgical footwear is prescribed to support and protect the feet. To get the best from the footwear treat them with care - following the advice given below.

Wear

When your child is supplied with a new pair of shoes, they should break them in gradually, even if you have been supplied with surgical footwear in the past. We recommend the following wearing in regime

- Day 1: 1-2 hours
- Day 2: 2-3 hours
- Day 3: 3-4 hours
- Day 4: 4-5 hours
- Day 5: 6 hours and over

Your child should always wear socks when wearing the footwear.

In the first few weeks check your child's feet regularly to ensure the footwear is not rubbing or causing a blister.



Patient Information

If you notice any problems stop wearing the footwear immediately and contact the Surgical Appliances department for a review appointment. This can be done by speaking to a member of staff at your child's school or contacting the Surgical Appliances department directly on the number at the end of this leaflet.

Care of Uppers

Leather

Clean with a damp cloth to remove all dirt and stains (do not soak your shoes). When dry apply a wax/polish to your footwear to improve water resistance and to keep the leather supple. This should be done regularly to keep the leather in good condition.

Nubuck and Suede

Remove dirt and stains as per leather uppers. Once dry, rub down with a brass suede brush or use a nubuck/suede cleaning spray.

Neoprene

Clean with a damp cloth to remove dirt and stains only.

Repairs

The soles and heels of your child's footwear will wear down. We recommend you check the footwear regularly for wear on sole and heels, and keep on top of repairs in order to maintain the life of the footwear. You should arrange and pay for these repairs at your local cobbler.

If your footwear has any adaptations to the heel or sole unit they must be brought back to the department for repair. Adaptations could include sole and/or heel wedging, sole and/or heel flaring, rocker soles and shank stiffeners, raises or sockets for callipers.

Your Footwear has heel/sole adaptations

Yes / No

Patient Information

Please ensure footwear is clean before bringing for repair. Footwear that is heavily soiled will not be accepted for repair and will be returned for cleaning before any repairs are carried out.

Insoles

If you notice any sign of wear or damage to insoles please contact the Surgical Appliances department for replacements.

Review

If your child experiences any problems with their footwear please arrange an appointment with the Orthotist for review. This can be done by contacting the number at the end of this leaflet or contacting a member of staff at your child's school.

We recommend that your child's surgical shoes are reviewed every 6 months to ensure the prescription remains optimal. You should contact the Surgical Appliances Department to arrange this appointment. In some instances the Orthotist will recommend more frequent review appointments and will notify you of this.

Further information

If you have any more questions or require further information, please contact the Surgical Appliances Department using the contact details below.

Coventry

Surgical Appliances Department
University Hospital, Coventry
Clifford Bridge Road
Walsgrave
Coventry
CV2 2DX
Telephone number: 02476 966035

Opening Times

Monday-Thursday (08:30-16:30)
Friday (08:00–16:00)
Closed Bank Holidays

Patient Information

Rugby

Surgical Appliances Department

Rugby St Cross Hospital

Barby Road

Rugby

CV22 5PX

Telephone number: 01788 572831

Opening Times

Monday-Wednesday(08:30-16:30)

Closed Bank Holidays

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6035 we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

Department:	Orthotics
Contact:	26035
Updated:	December 2019
Review:	December 2022
Version:	1.1
Reference:	HIC/LFT/2092/17