

Orthopaedics

Surgical footwear

We prescribe surgical footwear to support and protect your feet. To get the best from the footwear treat them with care. The surgical footwear is prescribed for you and is for your use only.

Wear

Wear in your surgical footwear gradually, even if you've had surgical footwear in the past. We recommend:

Day	How long to wear the surgical footwear for
Day 1	30 minutes
Day 2	1 hour
Day 3	1 hour to 1hour 30mins
Day 4	1 hour 30mins to 2 hours
Day 5	Continue to gradually increase the wear time every day

Always wear socks when wearing your surgical footwear.

Check your feet regularly to make sure the footwear is not rubbing or causing a blister.

If you notice any problems, stop wearing the footwear immediately. Contact the Orthotic department for a review appointment on 024 7696 6035.



Patient Information

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 or polish to your footwear to improve water resistance and to keep the leather supple.

Apply a wax or polish regularly to keep the leather in good condition.

Nubuck and suede

Remove dirt and stains with a damp cloth. 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 footwear will wear down. To maintain the life of the footwear:

- check your footwear regularly for wear on sole and heels
- arrange and pay for repairs at your local cobbler

Your Footwear has heel/sole adaptations

Yes / No

If your footwear has any adaptations to the heel or sole unit, bring them back to the Department for repair. Adaptations could include:

- sole or heel wedging
- sole or heel flaring
- rocker soles
- shank stiffeners, raises or sockets for callipers

Make sure your footwear is clean before bringing for repair. Footwear that is heavily soiled will not be accepted for repair. This footwear will be returned to you for cleaning before we carry out any repairs.

Patient Information

Insoles

If you notice any sign of wear or damage to insoles, contact the Orthotic department for replacements.

Review

If you have any problems with your footwear, contact the Orthotic department for a review appointment on 024 7696 6035.

We recommend that your child's surgical shoes are reviewed every 6 months. Contact the Orthotic Department to arrange these appointments. Sometimes, the Orthotist will recommend your child has review appointments more often.

More information

If you have any more questions or need more information, contact the Orthotic Department using the contact details below.

Contact details

Coventry

Orthotics/ Surgical Appliances Department

University Hospital Coventry

Clifford Bridge Road

Walsgrave

Coventry

CV2 2DX

Telephone number: 024 7696 6035

Opening Times

Monday to Thursday, 8:30am to 4:30pm

Friday (8am to 4:30pm)

Closed Bank Holidays

Patient Information

Rugby

Orthotics/ Surgical Appliances

Department

Rugby St Cross Hospital

Barby Road

Rugby

CV22 5PX

Telephone number: 024 7696 6035

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.

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