

# WEARING YOUR AFO FOR THE FIRST TIME

AFOs sit against the skin and care needs to be taken that they don't cause any pressure areas.

- Long socks that are a smooth texture and wrinkle free must be worn underneath the AFOs.
- Shoes must be worn over the AFOs to make them non slip and to ensure durability.

New wearers should remove the AFO after 1 hour and thoroughly check the skin for any red marks. Wear time should be increased by 1 hour at a time and the skin checked afterwards.

AFOs should not be worn to school or daycare until they have been worn at home for 6 hours without issues.

Any red areas or marks caused by the AFO should disappear within 30 minutes. If the skin is still red after 30 minutes you need to stop wearing the AFO and organise to have it adjusted by the Orthotist.

## When to contact the Orthotist

- If there are red, angry marks that do not go away after 30 minutes
- If the AFO is rubbing on bony areas of the foot
- If your toes are over the edge of the footplate
- If your AFO is too small - Children usually outgrow their AFO within 6 to 12 months
- You have any other concerns.

## Wearing Time

The amount of time per day that you wear your AFO should be discussed with your physiotherapist or specialist.



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