

## WEAR AND CARE

### PROSTHETICS

During YOUR gradual “break-in” period you may experience discomfort or skin irritation. To limit this and increase the success of YOUR Prosthesis;

- Begin wearing for 30 minutes each morning and afternoon, checking your skin for irritation after each use.
- Continue to increase each use (as tolerated) by 15 minutes until you can consistently wear the device(s).

Minor problems can be addressed at YOUR recheck appointment. If, however, you experience significant pain, blisters, or red areas which do not diminish before YOUR next use; [stop wearing and contact us for an appointment.](#)

Prostheses are to be worn with clean and dry socks and sheaths; change them as often as necessary to ensure this (at least daily). You must also always wear YOUR Prosthesis with shoes of equivalent heel height.

[Daily: clean YOUR device](#) with mild soap and water, check for cracks, noises, or loose attachments and notify us immediately if any are detected.

[Visit us at least annually for biomechanical and device check-ups.](#) We also recommend you continue to maintain your previous Prosthesis for back-up purposes.