

Diabetes Information Leaflet Your Prescription Footwear

Podiatry & Orthotics Directorate

Your Prescription Footwear

You have been supplied with footwear and insoles by your Orthotist. The Orthotist has assessed your feet and provided you with a prescription that best suits your foot type and activity level.

You are expected to wear these shoes at all times both indoors and out. The footwear is designed to fit accurately, control deformity (if present) and to protect your feet.

There is evidence that correctly fitting footwear can help to reduce the risk of ulceration. It is not advised to wear commercial footwear, slippers or sandals at other times. These will not fit as well or offer suitable support and protection.

NEVER walk barefoot, as this significantly increases the risk of foot problems.

New Footwear

- Break in slowly over the first week or two.
- Initially start wearing footwear for 30 minutes indoors.
- When removing footwear always check your feet for any aggressive red marks or blisters.
- If there is any bleeding or discharge contact your podiatrist or GP as soon as possible

- If you have concerns with your footwear contact your usual Orthotic clinic
- A review of your new footwear will be arranged 6-8 weeks after they have been supplied.

Looking After Your Footwear

- Check inside for foreign objects, creases, lumps and bumps.
- Check the sole for anything that may penetrate it e.g. nails or drawing pins.
- Application of shoe polish or suede cleaner on a regular basis. This will help maintain soft supple leather.
- Footwear should be repaired regularly, please read back page for more details.

Help to Reduce the Risk of Foot Problems

Always wear socks with your prescription footwear, ensure they fit well and do not crease.

Always fasten your shoes securely as shown by your Orthotist. Poor fastening allows your foot to move inside the shoe which can result in blisters.

Do not remove the insoles or add any insoles to the footwear unless specifically instructed to by your Orthotist.

Always bring all your prescription footwear to every Orthotic appointment.

Repairs

When the sole and heel of your footwear becomes worn you may have it repaired by the Orthotics department.

Please hand in your footwear to your nearest Orthotics department with your name and address:

1. Orthotics Dept, Main outpatients, Royal Gwent hospital.
2. Orthotics Dept, Main outpatients, Nevill Hall hospital.
3. Main Outpatients, Ysbyty Ystrad Fawr (Mondays and Wednesday.)
4. P.O.D. 2ND Floor St David's Building, County hospital.
5. Main reception, Chepstow Community Hospital (Friday.)

It will normally take 3 weeks for your shoes to be returned. You will receive a collection card when they are ready.

Please contact the relevant department using the contact numbers if you have any concerns with your footwear.

This information booklet was produced for Aneurin Bevan University Health Board by the Podiatry and Orthotics Directorate.

Phone: 01633 234283 - Orthotics Dept, Royal Gwent Hospital
01873 732710 - Orthotics Dept, Nevill Hall Hospital