

## Prescribed Footwear (Orthopaedic footwear)

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### What is prescribed footwear?

You have been prescribed footwear that has been specifically designed to meet your individual needs. Your footwear aims to protect your feet by:

- Supporting and protect your feet
- Accommodate foot shape or deformity
- Reducing the risk of skin breakdown
- Distribute pressure evenly over your feet
- Provide cushioning and stability



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### Wearing your footwear

It is important to gradually break in your new footwear. Start by wearing them for short periods of time, preferably indoors, and increase the duration as they become more comfortable.

When wearing your footwear:

- Always wear socks to help wick away moisture and reduce friction.
- Check that there are no foreign objects inside (e.g. grit or coins).
- Ensure your socks are smooth with no wrinkles.
- Place your heel securely at the back of the shoe.
- Fasten laces, buckles or Velcro straps securely.

If you experience any rubbing or discomfort, remove the footwear and inspect your feet. If discomfort persists or you notice any redness that lasts longer than 30 minutes, contact the Orthotics Department for a review.

### Caring for your footwear

It is your responsibility to keep your footwear in good condition.

**Leather footwear:**

- Brush off dirt with a soft brush.
- Wipe clean with a damp cloth, avoiding soaking.

- Allow to air dry naturally away from direct heat.
- Apply wax or polish to keep the leather supple and water-resistant.

**Fabric or neoprene footwear:**

- Gently brush off dirt with a soft brush.
- Wipe down with water and a clean cloth (do not soak).
- Allow to air dry naturally away from heat sources.

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## Footwear repairs and maintenance

The heels and soles of your shoes will wear with use. Repairs can be arranged with your local cobbler to maintain the safety and longevity of your footwear.

If your footwear has any heel or sole adaptations, it is advised to arrange repairs with the Orthotics department. Please label your shoes clearly with your name and address when leaving them for repair. Ensure footwear is clean before bringing them to the department.

**It is your responsibility to ensure these shoes are repaired** as necessary. Your Orthotist will inform you if we can repair your shoes.

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## When to contact the Orthotics Department

Please contact us if:

- You experience ongoing discomfort, rubbing or pressure marks.
- You notice any damage to your footwear or insoles.
- You think your child has outgrown their footwear.
- You need to arrange a repair or review appointment.

If you have been seen within the past **2 years**, you can contact the department directly without a GP referral.

## Contact details

### Orthotics Department – Outpatients Zone 1, Clinic 7

 **Address:** Raigmore Hospital, Old Perth Road, Inverness, IV2 3UJ

 **Telephone:** 01463 704178

 **Email:** nhsh.orthotics@nhs.scot

 **Opening hours:**

Monday–Thursday: 08:30–16:30 (Friday 16:00)

[www.nhshighland.scot.nhs.uk/orthotics](http://www.nhshighland.scot.nhs.uk/orthotics)