



# SoundOrthotics

Designed for you.

*Your feet are the foundation to a healthy body.*



## ***Important care and maintenance of your custom orthotics***

Custom orthotics are designed and crafted by skilled technicians to gently position your skeletal structure in a preferred alignment. Your body will gradually adapt, so allow yourself time to adjust and get the maximum benefit of your orthotics.

### ***Please follow these instructions on wearing and maintaining your orthotics:***

1. Wear your orthotics from 1 to 2 hours the first day, and increase this time by 1 to 2 hours daily until you can wear them all day.
2. A typical break in period may take between 1 to 2 weeks. Some individuals may be more sensitive in adapting to their prescribed biomechanical correction, so please use some discretion on initial wear times. Maximum correction may take 6 to 8 weeks.
3. If you experience new symptoms or persistent discomfort while wearing your orthotics please contact your dispensing practitioner.
4. Remove old insoles from your footwear and replace them with your new custom orthotics. Don't wear both inserts as this may compromise your prescribed corrections.

## ***Proper Care and Maintenance***

### ***General Care:***

Avoid exposing the orthotics to heat sources as this may cause distortion of the thermoplastic materials. If your devices get wet simply remove them from your shoes and let them dry.

### ***Cleaning and Odour Control:***

To clean your orthotics, use a damp cloth with mild soap and gently scrub the top surface. (Please avoid using scouring pads or abrasive materials). Then rinse away dirty suds under a faucet but do not soak the orthotics in water. Using cloth or paper towel remove as much moisture as possible and let the orthotics air dry overnight.