

Instructions for AFO

Application

1. Before putting the AFO (brace) on, check your skin for any red and or sore areas.
2. Put a sock on. The sock should be big enough to cover the same area that the AFO covers.
3. Put the AFO on by putting your heel into the AFO first and make sure it is in well.
4. Fasten all straps snugly. Start with the ankle strap, then work your way up.

Wearing the AFO

1. The first day, wear the AFO for one hour then take the AFO off. Examine your skin for red/sore areas.
2. IF there are no red areas, put the AFO back on and wear it for another hour.
3. If there are red areas but they go away in 30 minutes, put the AFO back on and wear it for another hour.
If red areas do not go away in 30 minutes, stop wearing the AFO and contact your Orthotist.
4. After the second hour, remove the AFO and examined your skin.
5. Keep repeating this process if no red areas show up.
6. On the second day, do skin checks every 2 to 3 hours.
7. On the **third day**, if there are no red areas, you can wear the AFO all day.
8. If, at any point, a red area appears and does not go away within 30 minutes, stop wearing the AFO.

Care and Cleaning

1. At the end of the day, take the AFO off and wipe it down with a clean cloth and rubbing alcohol.
2. Check for any damage or loose/worn areas. Do this daily. If you notice that there is a problem contact your Orthotist at the number listed above.
3. Do not leave any plastic brace around heat. For example: in a hot car, near a radiator, or furnace.
4. Do not try to fix, alter, or change the brace by yourself.

Shoes: Should be big enough to fit over the AFO and be comfortable while wearing them.

If you have any problems, concerns, or physical changes related to the device, please contact the ACH Orthotics and Prosthetic Department at 501-364-1192.

Hours of operation are from 8 AM to 5 PM

Problem after hours? Emergency? Go to your local emergency room.