

DATE:

PATIENT NAME:

ORTHOTIC DEVICE: Custom Ankle Foot Orthosis (AFO)

WEARING INSTRUCTIONS: POST BOTOX

○ When applying the orthosis always provide a stretch first and slide the heel all the way to the back of the orthosis in the corrected position and hold in place snugly by the ankle strap. Adjust the toes in place and apply the toe strap if there is one. Adjust the orthosis with the ankle strap on so that it is in alignment with respect to the leg and do up the top-tibial strap snugly.

○ It is **IMPORTANT** to slowly wean into the orthosis, however **SINCE THIS ORTHOSIS IS FOR MAINTAINING CORRECTION POST BOTOX AND CASTING IT IS IMPORTANT TO WEAR 23 HOURS A DAY. IT SHOULD BE MONITORED CLOSELY. PLEASE DETERMINE EXACT WEARING TIME FROM YOUR DOCTOR.**

○ There should be no pain resulting from the orthosis, and any discomfort should have dispersed by two weeks of use. If at this time, there is still discomfort or an adjustment is necessary please call for an appointment.

○ Always check and monitor the skin over the foot. There should be no redness over bony areas. Redness anywhere else should disperse over 10-20 minutes.

○ If there is redness which remains, or redness over a bony area, first make sure that the orthosis and the strapping was applied correctly, as otherwise, the foot may shift in the orthosis.

○ If the redness remains and was not due to incorrect application, an adjustment may be necessary. Please call to make an appointment and provide details of the problem you are experiencing.

There is a **90 day warranty period** on the custom orthoses for satisfactory fit and workmanship. If any adjustments or repairs are required during this period of time under the above mentioned conditions, these will be covered under the warranty period.

The cast will be kept for 6 weeks and then will be destroyed. Therefore, it is important that problems be identified right away.

The patient will need a **growth check up in 3-4 months time.** Please phone to make an appointment. If you have any questions or concerns please make sure to call and I will be glad to be of help.

Thank you,
Serap Kaga, B.Sc., C.O. (c) Certified Orthotist
Jarrod Tucker, C.O., (c) Certified Orthotist
Shannon McCann, B.Sc. Phsi., Resident Orthotist