

WEAR AND CARE

BRACES

During YOUR gradual “break-in” period you may experience joint discomfort or skin irritation. To limit this and increase the success of YOUR Braces:

- Begin wearing for 30 minutes each morning and afternoon, checking your skin for irritation after each use.
- Continue to increase each use (as tolerated) by 15 minutes until you can consistently wear the device(s).

Minor problems can be addressed at YOUR recheck appointment. If, however, you experience significant pain, blisters, or red areas which do not diminish before YOUR next use; [stop wearing and contact us for an appointment.](#)

Braces are to be worn with clean socks and shoes, both of which in good condition, well fitting, and appropriate to any medical condition.

[Check YOUR device daily](#) for cracks, noises, or loose attachments and notify us immediately if any are detected.

Periodically hand wash with mild soap and water.

[Visit us at least annually \(semi-annually for Paediatric\)](#) for biomechanical and device check-ups.