

HOW DO I LOOK AFTER MY ORTHOSES?



Washing

Do not put your foot orthoses in the washing machine, either wipe with a damp cloth or antibacterial wipe and allow to air dry.



Direct heat

Keep your foot orthoses away from direct heat e.g. a radiator or hair dryer as this may distort the shape of the material.



Repairs

The lifespan of custom orthotics varies and depends on a few factors, such as your activity level and frequency of wear. If your foot orthoses start to wear out, contact your Orthotic or Podiatry Department to have them repaired or replaced.



Adapting

Your prescribed foot orthoses have been provided to meet your clinical needs to treat your presenting symptoms. Do not try to adjust your foot orthoses yourself under any circumstances. If your orthoses squeak, try using some talcum powder in the shoes before putting them in.



Remove overnight

If possible, remove your orthoses from your shoes each evening as this allows them to dry out properly.



Drying

Allow your orthoses to air dry at room temperature. They should be completely dry before being placed in your footwear.

CAN I REORDER?

Yes! After receiving your insoles through the NHS, reorder your next pair **directly** from MedFac Orthotics.

Use the order number below on our website, or simply scan the QR code and complete the form. We'll get in touch with you to finalise your order.

Simply scan the QR code or:

1. Go to www.medfacorthotics.co.uk
2. Click on the insoles category
3. Then click on 'Custom Insole Reordering'
4. Fill in your details including order number
5. Receive your custom foot orthoses

Order Number:

This 6-digit code can be found on the sticker attached to your Orthosis and at the top of your prescription form.



www.medfacorthotics.co.uk

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FOOT ORTHOSES & INSOLES

WEAR AND CARE INSTRUCTIONS



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WHAT ARE FOOT ORTHOSES?

You have been given foot orthoses or insoles that are designed to go into your own footwear. They can help to correct the alignment of your feet and legs and/or redistribute pressure to relieve painful areas and protect your feet from abnormal pressure.

The use of foot orthoses can relieve long term muscle and joint pains caused by incorrect posture and function. They can also prevent future injuries and slow down the progression of deformities.

HOW DO I USE MY FOOT ORTHOSES?

It is important that the foot orthoses are fitted in your footwear as instructed by your orthotist or podiatrist and it is important that they are used in combination with suitable footwear.

WHAT SHOULD I EXPECT?

If wearing foot orthoses for the first time, they may feel unusual. You will need to get used to the orthoses gradually, starting with one hour per day and then gradually increasing wear by one hour each subsequent day until you can comfortably wear them all day. You may initially experience some muscle tenderness or discomfort during the 'breaking-in' period.

This is typical due to the change in position of the foot and the muscles being made to work differently however, this should gradually settle over time. Do not wear your foot orthoses in the first week while playing sports, during workouts or other strenuous physical activity.

WHAT SHOES SHOULD I WEAR?

Select good footwear with proper support and always try them on with the insoles in place to ensure proper fit. Suitable fitting and supportive footwear is vital to the function of the insoles and overall comfort. The best type of shoes to wear with your insoles should have a closed back and toe; come up over the top of the feet like laced-up sport shoes; be flat and include a removable liner and a slightly wider width to accommodate the insoles.

- Be sure to wear stockings or socks to minimise the possibility of skin irritation
- Ensure that the orthoses sit flat in the shoe and they are not folded up or creased
- During use, ensure that footwear is secured as tightly as is comfortable
- Your insoles should be transferable between most of your shoes

Skin Care

Check your feet carefully every day for any reddened or tender areas, which could indicate a problem with the fit of your shoes or the insoles.



WHAT IF I HAVE A PROBLEM?

If your foot orthoses are uncomfortable or you develop other pain or blistering, stop wearing your foot orthoses, and contact your Orthotic or Podiatry Department. The information in this leaflet is for guidance purposes and does not replace professional clinical advice from a qualified practitioner.

WHY CHOOSE US? THE BENEFITS OF MEDFAC ORTHOTICS

Halo Medical delivers a wide range of orthotic services to both NHS and private patients. Our sister brand, Florence Paediatrics, offers the same high level of care. Together these brands form MedFac Orthotics.



Our orthotists work across NHS hospitals and private clinics, providing devices that support the body, promote active living, and help reduce pain or prevent pathological progression.

Using digital scanning and computer-aided manufacturing, we create insoles, footwear, and other orthotic solutions with exceptional precision and accuracy.

Our highly trained team treats a broad spectrum of conditions, from paediatric needs and autism to arthritis and diabetic-related pathologies.

At Halo Medical and MedFac Orthotics, every consultation is tailored to the unique needs of each individual.

Manufacturing

All our NHS and privately prescribed products are made and fitted in the UK. By choosing us, you're supporting local manufacturing with our dedicated teams in Wellingborough, Aldershot and Lewis.

The custom-made orthotic that has been provided to you has been manufactured to the specification provided by the prescribing Halo clinician. The device conforms to the essential requirements (Part II of the UK MDR 2002, Annex I [as modified by Part II of Schedule 2A to the UK MDR 2002]). You may request a Compliance Statement from Medfac UK Ltd.

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