

Insoles

Your Podiatrist has issued you insoles and here are some things to take note of:



Gradual wearing-in

It is normal for insoles to feel “odd” or “strange” the first time you wear them. You need time to get used to the insoles. It is recommended to wear your insoles for 1 hour on Day 1, 2 hours on Day 2, 3 hours on Day 3, gradually building up until you are comfortable with wearing your insoles throughout the day

How to clean and care for your insoles

The lifespan of your insoles may vary from 6 months to 2 years or more, depending on many factors, including

- how often you wear them,
- what activities you wear them for,
- and what material they are made out of.

Proper care and cleaning of your insoles can go a long way in prolonging the lifespan of your insoles

DO NOT



Do not soak insoles in water



Do not leave insoles to dry under direct sunlight

DO



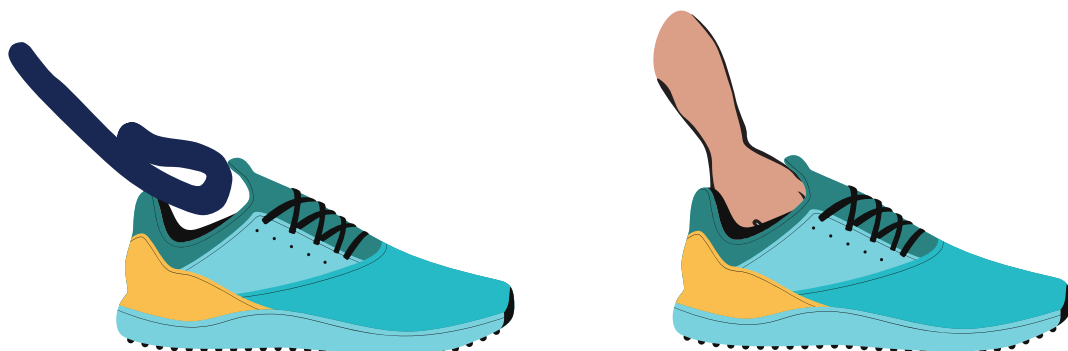
Wipe clean with disinfecting wipes



Air-dry in a well-ventilated area

How to trim and fit your insoles

1. Check that your shoes are suitable for insertion of the insoles.
 - The insert within the shoe is removable.
 - There is sufficient room (width & depth) in the shoe to insert your prescribed insoles.
 - The shoe is supportive and has a restraining structure (buckle, laces or Velcro straps)
2. Remove the insert from your shoe.
3. Place your insoles on top of the insert. Ensure that the heel portion of the insert is aligned accurately to the heel portion of the insoles.
4. Use a marker/pen to trace around the insert
5. Use a sharp scissors to trim the excess top cover material of the insoles according to the outline you have just drawn.
6. If unsure, make small cuts first to ensure you do not over-cut the insole.
7. After trimming, fold the front top cover of the insoles back and insert into shoes, making sure the insoles sit flat and firmly in the back of the shoes.
8. Use your fingers to push the folded flap to the front



Contributed by Podiatry

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of January 2024 and subject to revision without prior notice.



Scan QR code to download e-brochure