



Ankle Foot Orthosis (AFO) Use and Care Instructions

Starting Out

- Start by taking off the AFO every 2-3 hours to check your child's skin. It is normal to see some redness but it should fade within 1 hour after the brace is taken off. Be sure to check the bottom of your child's foot.
- Repeat frequent skin checks during the first week of use.
- If you see skin breakdown or blisters then remove the AFO and call the Orthotics & Prosthetics department at (312) 227-6210.

The Shoe & Socks

- The AFO always needs to be worn with a knee-high sock and a shoe. Socks protect the skin and help to keep it dry and clean. A shoe holds the foot in the AFO and it assures safety and stability for your child.
- Ideally the shoes should have adjustable closures to accommodate the height and width of the orthosis and contain the whole foot (lace up or Velcro closures). It is not recommended to use clogs, slip-on shoes or sandals.

Proper Fit

- The AFO is custom fit to your child's leg. Because your child is growing, regular follow-ups with your Orthotist are important to ensure that the fit is maintained.

Care of Your AFO

- Proper hygiene of your child and the orthosis is important. Wash feet and legs daily. Make sure that socks are clean and changed at least daily.
- Use mild soap and water to wipe the inside of the orthosis routinely. Rubbing alcohol can also be used to remove any bacteria. Make sure the orthosis is completely dry before use.
- If any part of your AFO needs repair please call the Orthotics & Prosthetics Department to schedule an adjustment at (312) 227-6210.