



Supramalleolar Orthosis (SMO)

Use and Care Instructions

STARTING OUT

- Start by taking off the SMO every 1-2 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 SMO and call the Orthotics & Prosthetics department at (312) 227-6210.

SHOE AND SOCKS

- The SMO always needs to be worn with a sock and a shoe. Socks protect the skin and help to keep it dry and clean. A shoe holds the foot in the SMO 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

CARE OF YOUR SMO

- 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

FOLLOW-UP

- Because your child is growing, minor adjustments are occasionally needed and are not unusual
- If any part of your brace needs adjustment or repair, please call to schedule an adjustment at (312) 227-6210 and specify which location you would prefer to be seen at for your follow-up appointment