



Orthotic Insoles

You have been provided with orthotic insoles designed to support your feet, improve alignment, and reduce discomfort. To gain the best results and avoid problems, it's important to build up wear time gradually and take care of your feet.

Initial Wear

- Begin by wearing your insoles for 1–2 hours on the first day.
- Gradually increase the wearing time by 1–2 hours each day, depending on comfort.
- Most people can wear them all day within 7–10 days.
- Some mild aching or muscle fatigue can occur as your feet and legs adjust – this is normal and should settle within a few days.

If You Feel Pain

- Remove the insoles and check your feet and shoes.
- Try wearing them for shorter periods the next day.
- If pain or discomfort persists for more than a few days, stop using them and contact your orthotist or clinician for advice.

Skin Checks

Look for:

- Redness or pressure marks that do not fade within 30 minutes after removing the insoles.
- Blisters, cuts, or rubbing areas.
- Swelling or pain in your feet or ankles.

If you notice any of the above, stop wearing the insoles and attempt to build up wear time slowly again and wait for any blisters to heal. If this continues then contact your clinician before resuming use.

Helpful Tips for Using Your Insoles

- Use in suitable footwear only.
- Keep them clean: Wipe the insoles with a damp cloth and mild soap. Allow them to air dry naturally – do not use direct heat sources.
- Wear socks: Always wear socks or stockings to reduce friction and keep your feet dry.
- Monitor wear: Orthotic insoles can last between 12–24 months, depending on use and type. Bring them to review appointments to check for wear or if your symptoms change.

When to Contact Your Clinician

Get in touch if:

- Pain or pressure persists after the first week of use.
- You notice skin damage or persistent redness.
- Your insoles feel uncomfortable, worn out, or unstable.
- Your walking pattern or pain changes significantly.

Review and Maintenance

A follow-up appointment may be arranged to check how you're getting on and make any adjustments. If not, you will be on a Patient Initiated Follow Up (PIFU) and can get in contact for a new pair every year as per current policy or sooner if your insoles are unusable.

Entitlement

Current Policy for insole prescription is one pair supplied and then either a repair on broken/deteriorated insoles or a new pair once a year with a valid open referral. If further pairs are required, these can be purchased and funded privately. The details of your order can be supplied to assist in your purchase in line with trust policy and insole entitlement. We also cannot replace any lost or misplaced insoles.

Remember: Building up gradually and checking your skin daily will help you get the best comfort and benefit from your orthotic insoles. Your orthotic referral is valid and open for three years.

Accessibility

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