



PATIENT HAND-OUT

BREAK-IN PERIOD FOR DR. COMFORT SHOES

SIMS
Medical Corp.

Dr. Comfort shoes are meant to be dispensed with a level of medical knowledge provided by a health care practitioner who specializes in the foot. However, you may experience some issues when walking in the shoes selected due to your specific gait and foot mechanics. In order to ensure that Dr. Comfort orthopaedic footwear becomes a functioning extension of your medical care, please follow these “break-in” instructions:

1. When you arrive home, place your new shoes on your feet (with socks) and wear them around the house for 30-60 minutes
2. You should now remove the shoes and look for any areas of redness
3. Once verified that the shoes do not rub against the skin (absence of redness), continue to wear the shoes around the house (i.e. indoors only) for a day or two, checking for redness periodically
4. After it is verified that the shoes can be worn comfortably, wear the shoes at different times of the day (feet can swell)
5. Once verified that the shoes are not causing any problems, you are ready to wear the shoes outdoors.
6. Keep in mind that once worn outdoors or excessively indoors, the footwear can not be exchanged or refunded.
7. Remember, that even after this break-in period, you should always check their shoes and feet regularly to look for anything out of the ordinary – particularly if you are diabetic.

CARE OF THE SHOES

1. Leather

- a. Clean the shoes regularly to give life back to the leather (saddle soap works great)
- b. Use a leather crème for the leather shoes. This crème will keep the leather clean and supple. Leather crèmes can be found at any drug, shoe, or grocery store
- c. Simple apply the crème with a clean dry cloth and work it into the leather
- d. Never use shoe polish, as the shoes are hand-tanned. Shoe polish will eventually ruin the finish

2. Nubuck

- a. This material can be cleaned by using a small stiff brush to brush away the dirt
- b. There are sprays on the market designed to refurbish suede or nubuck materials (Kiwi brand works great)
- c. Try the spray in a small area first to test for discolouration
- d. Do not immerse the nubuck shoes in water and do not use a shoe polish

3. Lycra

- a. Never put this shoe in a washing machine
- b. We suggest using a fabric protector on this material to help retard the dirt (Scotchguard® works quite well)
- c. Spray the shoes after the appropriate break in period and before you wear them regularly
- d. If they do get soiled, use a small amount of soap and warm water (or a gentle laundry detergent such as Zero® or anything with Woolite®) to remove the dirt (especially from the beige Annie or Betty)
- e. For a quick clean, try a baby wipe! It works great if the shoe has been sprayed first with a fabric protector!!