

**AZafo**<sup>TM</sup>  
ARIZONA

— An CHI Company —



# Wear & Care Guide

Arizona Balance Brace & AZ Breeze

# Basic Instructions for the use and care of your **Arizona AFO®**

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## **Socks**

- Always wear a clean sock, stocking or similar garment to reduce friction and protect from perspiration. Smooth out any wrinkles.
  - Change socks often to reduce perspiration build up.
  - Using talcum powder may keep you dry and more comfortable.
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## **Shoes**

- A well-constructed, lace up, Blucher style shoe will provide the best results.
  - Shoes with removable insoles and/or added (extra) depth may be necessary.
  - Maintain consistent heel height when alternating between shoes.
  - Irregular wear patterns should be reported to your healthcare provider.
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## **Self Examination**

- It may take a brief period of time before the orthosis feels natural.
  - A proper fitting Arizona AFO® exerts a firm, steady pressure against the skin.
  - After 1-2 hours of initial wear, remove sock and AFO and inspect skin for any redness. If redness persists after 30 minutes continue to monitor as an area of concern.
  - Contact your healthcare provider immediately if any of the following occur - sharp or stabbing pain, prolonged swelling, bruises, callouses or blisters.
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## **Proper Hygiene**

- Any skin covered by the orthosis should be washed daily with mild soap and warm water. Be sure to rinse off all of soap lather.
- Thoroughly clean the bottom of the feet, between the toes and dry the skin completely before wearing your orthosis.
- You may hand wash the orthosis with mild soap and water or place it in your washing machine on a cold/gentle cycle. Do not dry with a hair dryer or place in the dryer to speed the drying process - air dry.
- Worn, cracked or broken portions of your orthosis should be assessed by your healthcare provider and repaired as soon as possible.

[www.arizonaafo.com](http://www.arizonaafo.com)

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