

ARIZONA
AFO

Wear & Care Basics



Basic instructions for
the use and care of
your Arizona AFO.

AZafo[™]
ARIZONA

SOCKS

Always wear a clean, non-elastic cotton 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.

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 shoes.

Irregular wear patterns should be reported to your healthcare provider.



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SELF-EXAMINATION

Follow proper break-in guidelines. 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.

Extended periods of standing, or hot and humid conditions, may result in swelling of the leg. If so, remove the orthosis and elevate the leg until the swelling subsides.

Contact your healthcare provider immediately if any of the following occur; Sharp or stabbing pain, prolonged swelling, bruises, callouses, or blisters.

Extreme fluctuations in weight may cause an improper fit of your orthosis.

PROPER HYGIENE

Any skin covered by the orthosis should be washed daily with mild soap and warm water. Generous rinsing helps ensure removal of all soap lather.

Thoroughly clean the bottom of feet, between the toes, and dry the skin completely before wearing your orthosis.

Your Arizona AFO should be cleaned regularly with a solution of 1 part alcohol and 1 part water, applied with a clean towel. Allow to air dry at room temperature. Do not attempt to hasten drying by introduction of an external heat source.

Use a quality leather cleaner and conditioner on the outside leather of the orthosis.

Worn, cracked, or broken portions of your orthosis should be assessed by your healthcare provider and repaired as soon as possible.