



Breaking in your child's new braces

(AFOs & SMOs Wear Schedule)

Congratulations! Your child has their new orthotics, and we're excited for them to start this journey towards better support and stability. But before they go full-time, we need to give their feet and skin a chance to adjust. And like many things - slow and steady wins the race!

The Break-In Period: A Gradual Approach

To make sure your child's skin adapts comfortably, we follow a **gradual break-in schedule**. This process helps prevent irritation and allows their feet to get used to the new fit. Please remember for your child's safety: shoes need to be worn with the braces **AT ALL TIMES!**

The Wear Schedule:

- **Day 1:** 1 hour
- **Day 2:** 2 hours
- **Day 3:** 3 hours
- **Day 4:** 4 hours
- **Day 5:** 5 hours
- **Day 6:** 6 hours
- **Day 7:** 7-8 hours

By the end of the first week, your child will be wearing their orthotics for a full school or daytime schedule—just like a full-time job! Think of it as their **"9 to 5" shift** in getting their feet the support they need.

Check-In Time: Skin Checks & Comfort

- After each wear period, **check your child's skin** for redness, irritation, or pressure marks.
- Redness that disappears within 30 minutes is normal.
- If redness persists beyond 30 minutes or skin breakdown occurs, stop wearing and contact us.
- Expect mild discomfort as their feet adjust, but pain should not be part of the process.

Tips for a Smooth Transition

✓ **Pair with good socks** - Soft, moisture-wicking socks help with comfort. ✓ **Wear them during active times** - Playtime and walking help them adjust faster. ✓ **Keep it positive!** - Praise their efforts and make it fun. ✓ **Watch for any discomfort** - If something seems off, let us know.

We're here to help every step of the way! If you have any questions or concerns, don't hesitate to reach out. Let's make this break-in period a success.