

A guide to your diabetic footwear



Opcare

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What is diabetic footwear?

Diabetic footwear consists of shoes which are provided for you by your orthotist to accommodate your specific foot needs.

How long should I wear my shoes for?

All footwear requires a period of 'wearing in'. Gradually build up the wear time by 5-10 minutes each day, until you can wear your shoes as required. We recommend you wear them as much as you can once you are used to them.

Ensure you check the inside of your shoes with your hands before putting them on your feet – this is to make sure there aren't any unwanted objects in there, and that there isn't any damage to the inside of the shoe.



You should always wear socks, preferably without seams and 100% cotton.

Make sure you check your feet every time you put your shoes on and take them off.

Why do I need to check my feet?

People with diabetes can be affected by loss of sensation or reduced blood supply to the feet. This means you may not have full feeling in your feet, and they take longer to heal when injured. You should therefore regularly carry out visual checks on your feet (including the sole).

If you notice any blisters, sores, discolouration, red marks, or swelling whilst wearing your shoes, stop wearing them and contact your orthotist.

Caring for your footwear

Diabetic footwear should be cared for like ordinary shoes; for example, polishing leather shoes or brushing suede shoes. If your shoes get wet, allow them to dry naturally, and do not expose them to direct sources of heat like radiators.

Shoes supplied with insoles must always be worn with the same insoles. If the insoles wear out before the shoes, please contact your orthotist.

Once you start to notice signs of wear and tear, speak to your orthotist to discuss getting a new pair of shoes. It may be possible to get a second pair of shoes so that you can wear them interchangeably and extend their lifespan.

You are responsible for looking after your footwear and returning them to the service when repairs are required. No replacement footwear orders will be raised until footwear has been visually inspected by an orthotist and deemed that the damage is beyond repair.



Your notes: