

Otoforms

Information for patients

What is an Otoform?

The Podiatrist, or Podiatry Assistant, has today made a re-useable pad from silicone rubber.

When can I use it?

Tomorrow. Wear the pad at home for a short time to check that it fits correctly.

Will it be comfortable?

You should expect to be aware of the pad but it should not feel uncomfortable. If it is uncomfortable remove it and bring it with you to your next clinic appointment.

Should I wear it all the time?

The pad is designed to prevent problems. If the pad is comfortable you should wear it all the time that you are on your feet. Remove the pad when you remove your shoes and socks. Remember to replace it when you put them back on.

Will it get dirty?

Yes it will get soiled and discolour with wear, but it is quite long-lasting. Wash the pad in warm soapy water and dry it carefully. Do not soak the pad as this will cause it to perish quickly.

Please bring the pad to the clinic at each visit. The staff will check that it is fitting correctly.

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