

# ORTHOTIC INSERTS

## INSTRUCTION FOR USE AND MAINTENANCE



### ADAPTATION:

For the first 3-4 days of wearing the inserts you **may experience discomfort** connected with using them. It's recommended that during that period you make breaks in wearing them which last from 30 minutes to 2 hours. In the case of serious discomfort or pain while using the inserts which last for more than 1 week, do arrange a follow-up visit at a podiatrist at Carolina Medical Center.

The inserts get fully adapted to the feet after at least 3 weeks of regular wearing. Irrespective of any possible discomfort or complaints – and even if they don't appear – **after 4-6 weeks of wearing the inserts, it's recommended to have a follow-up visit.** You can arrange such a visit through the CMC hotline.

**During the 6 months since the collection of the inserts, any correction of the inserts and a follow-up visit will be free of charge.** Bring the inserts and the shoes in which you use them to the visit.

### MAINTENANCE:

- clean the inserts manually (water, brush, delicate detergent – soap, washing-up liquid), and dry them naturally (don't dry them in the sun, on a heater or mechanically),
- don't dry-clean them,
- don't wash them in a washing machine,
- don't heat them up.

**Any complaints about the inserts will be taken into account, only if you follow the recommendations included in this instruction.**

### ADDITIONAL INFORMATION:

**The inserts have been manufactured for a specific type of shoes,** so you can insert them in another pair of shoes of the same type. **Don't insert them in shoes of another type,** in particular don't move them from flat shoes to shoes with a heel or vice versa. Inserts adapted to a given pair of shoes may not necessarily fit another pair, and the fact that they don't fit may not be a cause of complaint. If the inserts don't fit another type of shoes, don't remodel (cut) them on your own. In such a case, arrange a visit at a podiatrist.

**It's recommended that the inserts are changed after 18 months at the latest.**  
**The inserts' durability depends on the level of physical activity.**

### NOTES:

Arrange a free  
follow-up visit:

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