



Skin Care when Wearing an Orthosis

1. Check your skin frequently for pressure areas. A pressure area is any red or pink mark noted on your skin when an orthosis (brace) is removed.
2. If you notice any red areas, keep your orthosis off and let the skin rest until the redness fades. If the redness does not go away, or lasts over 30 minutes, notify your Orthotist.
3. Avoid using lotions, creams, or oils on the skin under the orthosis. Lotions, creams and oils tend to soften the skin which may lead to skin irritation and breakdown.
4. A soft wrinkle free sock should be worn beneath the orthosis to protect the skin and wick away perspiration. Cotton is an excellent choice.
5. Change the stockinette daily or more often if perspiration is present. Moisture can cause skin breakdown, irritation, and odor.
6. Notify your Orthotist immediately if irritation or breakdown is present.

If you have any questions or concerns regarding your orthosis, please contact the office at (763) 755-9500.

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