

# Prescription Footwear

Orthotics



This leaflet is for people who have been prescribed footwear by the Orthotics department.

## Can my footwear be worn by anybody else?

Your footwear has been prescribed for you and should not be worn by anyone else.

## How should I care for my feet?

You should do the following on a daily basis:

1. Inspect all aspects of your foot which come into contact with the footwear checking for red marks, abrasions, bruising or wounds. Use a mirror or ask someone for help, if necessary
2. If you are experiencing discomfort or the skin is markedly red or broken, please contact the Orthotics department immediately for advice
3. Always check your footwear for stones or debris before putting them on

## How long should I wear my footwear for?

This will be individual to each patient. Please follow the instructions given by your orthotist in the following table.

Date	Length of time footwear should be worn
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## When should I receive a review appointment?

You will normally be sent out a review appointment every 6 months to see how you are getting on with your footwear, and to see if any changes need to be made. Your orthotist will tell you if this will be more or less often, depending on your needs. Please bring all footwear with you to your review appointments.

## Is it my responsibility to maintain my footwear?

It is your responsibility to ensure your footwear is well-maintained. If your footwear has adaptations to the sole unit, the Orthotics department will repair your footwear when required. Your orthotist will advise you whether you are entitled to have your footwear repaired by the Orthotics department.

Please note that if you have not been reviewed by the Orthotics department within the last 12 months, you will require a review appointment before any orders can be placed.

Name of Orthotist: .....

Contact details: .....

## What else do I need to know?

Please ask your orthotist about your entitlement to footwear and footwear repairs.

If you lose or misplace or throw away your footwear, you will be charged the cost to replace it as per current Trust policy.

## If you have any concerns

Please contact the Orthotics manager, Dr N Eddison on 01902 694082 or via e-mail: n.eddison@nhs.net or contact the Patient Advice Liaison Service (PALS) on 01902 695362.

## Contact details

**Orthotics Department**  
**New Cross Hospital**  
Wednesfield Road  
Wolverhampton  
WV10 0QP

Tel: 01902 694082

Opening times:  
08:30 to 16:30 Monday to Friday.

**Orthotics Department**  
**Cannock Hospital**  
Brunswick Road  
Cannock  
WS11 5XY

Tel: 01543 576626  
or 01543 576130

Opening times:  
08:30 to 16:30 Monday to Friday.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。