

Advice for use of Removable Pads

Information for patients
Podiatry Services



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ADVICE FOR USE OF REMOVABLE PADS

Your podiatrist has provided or you have purchased, padding that is designed to be removed daily.

This will enable you to wash and dry your feet without risk of damaging the pad.

It is **very important** that you:

- ❖ Remove the pad or device every night before going to bed and when bathing.
- ❖ Check that there are no marks, abnormal discolouration or swelling caused by either the pad or any toe or foot loops.
- ❖ Stop wearing the padding if it causes any irritation, pain or swelling to occur.
- ❖ Wash the pads gently with a damp, soapy cloth when necessary.
- ❖ Take particular care if your feet tend to swell anyway, or if you are diabetic or have poor circulation.

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