

Bristol Community Health



## Patient Information

**Interpreters,  
Translations  
and Other Media**

**To ask for an Interpreter or Signer:**  
phone: 0117 919 0275

**To get this leaflet:**

- in large print
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  - by email or on disk
  - on Audio Cassette
- phone 0117 900 2668

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April 2009

Bristol Community Health

# Podiatry Department

Insoles



**L18**

## Insoles

The podiatrist has provided you with an insole to help improve your foot problem.

### When do I wear my insoles?

You should wear your insole for **only 1 hour on the first day** and then gradually increase the time you wear it until it feels comfortable enough to wear all day. If the insole rubs, is too big or is causing you pain make an appointment to see the Podiatrist.

### Can I clean my insoles?

The insoles can be wiped clean with a cloth. It should not be placed in water. If it becomes wet it should be allowed to dry naturally and not placed directly on a heat source.

### Do I need to see the podiatrist again?

You should see the podiatrist with your insole if you have any problems or the insoles need changing.

If you have any problems you can contact your podiatrist

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