

Bristol Community Health



Patient information

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April 2009

Bristol Community Health

Podiatry Department

Silicone Toe Devices



L22

Silicone toe devices

Your podiatrist has made you a silicone rubber device. This has been specifically moulded to fit your toe.

When can I start wearing it?

You should wait 24 hours for it to set completely before you begin to wear it, as it may become misshapen.

It may take a little while to get used to the device, as it is firmer than some paddings you may have had in the past.

It is therefore advisable to wear it for about an hour for the first day, two hours on the second day, increasing the time until you can wear it comfortably all day. You should check between your toes to make sure that it doesn't rub.

Do I wear it all the time?

Once it is comfortable, yes, but take it off when you go to bed and when you have a bath.

Can I wash it?

Yes it can be washed in warm soapy water.

How long will it last?

It is made of a hard-wearing substance and should last approximately six months though this can vary.

If it is painful to wear, what should I do?

If for any reason you cannot tolerate the device do not throw it away but take it back to your podiatrist at your next regular appointment so that they can see why it was uncomfortable.